

A
DISCOURSE
OF THE
State of Health
IN THE
ISLAND
OF
JAMAICA.

With a provision therefore Calculated from
the Air, the Place, and the Water :
The Customs and Manners of Living, &c.

Licensed, *Aug. 1. 1678. R. L'Estrange.*

Επιβλέπειν δ' εἶ, καὶ γάρην καὶ ἄρην καὶ ἡλικίαν καὶ νόσους
ἐν ᾗσι δ' εἶ, ἡ δ'. *Hip. Lib. 1. Aph. 2.*

By *Thomas Waghnam, M. D. Coll. Med. Lond. Soc. Hon.*

L O N D O N,

Printed for *R. Boulter* at the Turks Head in Corn-
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DISCOURSE

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LONDON

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To the Right Honourable
JOHN, Lord VAUGHAN,
Knight of the most Honour-
able Order of the BATH.

MY LORD,

IT having pleased his Serene
Majesty, our most Gracious
Sovereign in all places to
manifest his Royal care of
his happy Subjects; even the most
remote in the West Indies, living
on the daily refreshings thereof:
Distances separating nothing from
A 2 his

The Epistle Dedicatory.

his extensive goodness, but rather evidencing the bounty of the overflowing Source; through the signal eminency of the Noble Conveyance his Majesty was pleased to make of himself to the Island of Jamaica, in your Lordships most happy Government thereof: It cannot but deeply impress the highest obligations of grateful Loyalty on all, who savour so great a goodness, among whom my education and business, but more especially my favourable accesses to your Excellency, hath made me one, though the least, yet such who necessarily must testifie my sence of the Publick

The Epistle Dedicatory.

lick Weal, by offering my small Mite thereto. Having the great encouragement of your Lordships Patronage, to assist the weakness of my Endeavours; the which since they are in my own way, at least as an observer and well wisher to health and life; it may seem not improper for me, to remark in a new Colony, as Jamaica is, the Conducers thereto, and to transfer such to a further cultivation; that the English or others may not miss of their ends in transporting themselves thither, nor his Majesty of his Subjects by too immature deaths. My Lord, the sincerity

The Epistle Dedicatory.

of my ends my Conscience must justify, not by blind Zeal and empty Words, but matter of Fact in desired successes, of which your Lordship being the most competent Judge, I presume to lay my following discourse of the State of Health in the Island of Jamaica at your Lordships Feet, humbly begging pardon for my weakness therein, and the Honour of being owned as,
My Lord,

Your most Devoted and

At Port-Royal
in Jamaica.

Most Humble Servant

T. T.

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Chap. X. Of the Dry Belly.

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A
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 State of Health
 IN THE
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 OF
 JAMAICA, &c.

IT being my business, while in *Jamaica*, to consider the Health and attend the Diseases of the place, it was necessary to commit what occurred in that affair to a more faithful Register than my memory: to the which, that I might better effect my end, I was forced often to recur, and thereby to amend what too easily imposed

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posed it self on my credence, or else what I was more confirmed in, became the better establishment of my practice.

The first Generals, whereto I referred my self, were the Topicks of *Hippocrates*, viz. the Air, the Place, and the Waters, next the Customs and manners of living: and lastly the consequents of the former, viz. the intemperatures and Diseases either peculiar to the Tropicks or most usually found thereabouts all which may not serve barely for speculation but the use and benefits of the Inhabitants, either for their timely preventing or else curing their incident Maladies. Not as if *Jamaica* were obnoxious to more Diseases, and such more frightful then are elsewhere to be found, for the sequell will demonstrate the contrary, but least such as are there, prove more fatal for want of being remarked: and forasmuch as no one yet hath done that charitable office to his neighbour, I cannot without rebuke of my conscience refuse to become a Samaritan, and by thereto make what reasonable provision may for the comfort and recovery of the afflicted: for it doth not a little uneasily touch humanity to see the burthens of nature aggravated by ignorance of remedy, and want of sutable assistances. Neither

is it a little confusion to be able to do so little in so desirable a work ; however a single Talent may not be napkined without guilt , and that not to be expiated without a double diligence. It's true a little labour is more then doubly troublesome in a hot Country , where the most sooner seek the shade, though it be but of an As, rather than undergo the heat of the day ; wherefore to start any thing that may exercise in a lazy country , hath this in it of praise, that it's against the grain, and manifests somewhat of self-denial, at least the vanity of ostentation or humor of scribbling can have small pretences here, where there is so little of gaity offered at. And in a place where Bookishness is not reasonably to be expected, it may suffice , if relation of matter of fact imploy the more sagacious in profitable deductions , or that the present truths afford relief to any one afflicted. For it must needs be irksome to have the pleasures of a summer country , such as *Jamaica* is , interrupted by indispositions and want of list to enjoy what's so plentifully offered. It's pity a rational Creature should surfeit of delicacy, and not moderate his inclinations out of good husbandry to enjoy it the longer. but since appetite is apt to over-rule our reason,

sons, and the desire of good tempts to the nearest confines of evil, by how much the more desirable the place and clime is, by so much the more need of circumspection: to the which if I might happily awaken my Country-men, I may prevent surprisals, which of all is the greatest evil the English usually lay open to, through too hardy a courage rather than remiss supineness: they being too prone to slight their lives rather than be curious in their preservation; a temper happy and agreeable enough to the northern Climes, but unsuitable to the torrid Zone, where through the great activity of Nature most sudden changes are effected, a sound health oft precipitated into Distemper, and such Distempers posting to the Grave, ere the sluggish observer be awakened to prevention. To nick opportunity, is wisdom in all things; and where such opportunities are most swift, most advertence is requisite not to slip the seasons; and herein lyes the necessary sagacity of a West Indian practicer, *Hic labor hoc opus est*, as will more evidently appear under our first Topic, *viz.* the necessary brisk moving Air.

CHAP. I.

Of the Air of Jamaica.

THe Air of *Jamaica*, as it may have an agreement with all betwixt the Tropicks, is therein first to be considered, *viz.* in its general heat & moisture, the one counterbalancing the other to render the Torrid Zone habitable. Its heat is the necessary product of the neighbouring Sun, as its moisture is from that of the Moon; from both flow the beneficial as well as necessary Brezes rendering the Air different from any on the other side the Tropicks, and therefore differently to be considered as the cause of Health and Diseases. Though the wind bloweth where it listeth, yet it's in general somewhat regular, and observes its times, and keeps or makes its seasons, no one whose observance hath been but slight, can easily doubt: For whilst the Sun by its direct Rayes threatens most to parch, then (as there is most need thereof) the more

forcible Brezes fan most : wherefore I stick not to conclude the Sun to be the apparent cause of the brisk moving Air, or daily Sea Brezes, thereby rendring *Apollo* opportunely sollicitous of the health of his most immediate subjects by so reasonable provision therefore. For of necessity all things must be suffocated and dy between the Tropicks, did not the extraordinary heat generate the extraordinary winds to give a sutable supply of often to be changed breath, ventilating our Lungs with renovating changes of fresher air. Which happy effect though it acknowledge the Sun as its male parent, requires also as pregnant a Womb of receptive moisture to bring forth the happy and necessary Brezes: whereto the Moon, as a handy Midwife to Nature, most readily affords assistances, not only from her own moist Rayes, but by the signal power on the Ocean, where unloosing the close saline Bonds of the briny Main, she adapts thereby the parts volatile for a daily flight, as oft as the urging Sun stimulates the necessary succour of the cooling Brezes. But Brezes or moving Air being twofold, and generally producing different effects, as well as they have different times of their blowing, force us to assign

assign a different cause of their productive originals. For as the Moon by loosing the saline Bonds of the Sea (which is demonstratively to be proved it doth) affords daily matter for the sea Brezes: So the stagnated Air, harbouring in mountainous Caverns and woody confinements, actuated by the night lights and starry influences, administer sufficient matter for the night winds called the land *Brezes*, both which differently impress in point of Health: For as the Sea Brezes partaking of the universal vivifying saline nature are found to be most healthful and agreeable to life, as resisting and defending from putrefaction; so the stagnated Air impregnated by mineral *Gas* and the still variable Moon, never ceaseth to incline to alterative changes, and such as favour of putrefaction and death: wherefore from their cause, as well as we find by experience, I conclude, the two Brezes respect health variously: The solar and saline ones most concurring to health, as the Lunar and putrefactive ones do to death and dissolution. From the latter spring the great encrease and multiplications in the *Indies*, as from the former the worth and vigor of their product, both Brezes seem necessary from their cause,

and to their ends, and a virtue is to be made of such as well as a necessity entails them on the Places where they are found; betwixt both the Air is almost always kept in motion, which otherwise through its great heat and moisture must egregiously putrefy, and thence rather hatch the plagues of *Egypt*, producing Insects and such like generations, instead of more noble and perfect animals.

The division of Day and Night being smore equal throughout the year than in *Europe*, divides the seasons of those two sort of Brezes more equally, also they Senerally have neer twelve hours for their interchangeable blowings, though sometimes they may borrow of each other, viz. the Land Brezes intrench on the time of the Sea's, as the Sea Brezes do sometimes on the usual time of the land Brezes: Besides the seasons of the norths which much alter the usual course of the Winds as well as of health. These norths are smart winds and cold, blowing from off the land with unusual force and continuance, being particular not general winds, either from the mountainous Tracts of *Jamaica* it self, and then only to be felt on the south side, and not far to Sea, or else arising from *Cuba*,

Cuba, and then chiefly if not only remarked on the North side of *Jamaica*: But yet sometimes so strong as to excite the same effort of winds in the mountainous passages, where being increased, it's propagated to the South, and becomes a thorow and severe North to the whole Island and neighbourhood of *Jamaica*, which comes neereſt to the windward Island tumultuating Haricanoes, but never one quarter ſo mutinous or afflicting. The uſual ſeaſons of the Norths is while the Sun is moſt remote in its *Capricorn* progreſs: For then the cold umbrages of the mountains have beſt opportunities to fall forth, while the over-ruling *Phæbus* is moſt abſent with his ſtrong ſea Brezes: The ſeaſon of theſe Norths is moſt fruitful in the cruciating Belly ach, and eſpecially it endangers ſuch who have been once afflicted therewith, likewiſe ſore Eyes, ſore Throats, and Tertians take oft this time of affaulting diſpoſed Bodies,

But to return to our moſt uſual and orderly diurnal and nocturnal Brezes, the better to defend from the latter as well as rejoyce in the former, beſides what hath been ſaid to both as to their effective originals, in their evident qualities
vaſtly

vastly differ : for the land Brezes have a far more sensible chilliness than those from the Sea ; the general occasion as to the Air of the Tertian and Quartan Agues: for while the pores by daily Sweating or insensible transpirations are egregiously open, the suddain change of the land Brezes surprizing the open Pores easily invade the disposed body with an aguish Inclination, Nature being sensible of her intruding Enemy oft violently shuts and keeps too too close the outlets of the skin, unadvisedly imprisoning what ought be discharged : hence the prisoners become a four ferment to the Juices of the whole body, first shivering and chilling the extream parts, and after inflaming the whole in a hot paroxysm ; of which more under our Chapter of Diseases. It may not be improper to remark, that those Brezes of the night do less injury to new comers from the colder *Europe*, than to the more antient inhabitants, whose pores being as it were moulded into the bore of the Indian Air, are of larger size and more receptive of the chilling Brezes than such as come from the northern parts : hence also such as pass directly out of *Europe* hither are not so easily assaulted with feverish attracts as those from the *Carib* Isles : for those

those little tracts of land of *Barbadoes*,
Nevis, *Monserat*, &c., being well opened,
 and therefore affording nothing so much of
 night Brezes as the large woody mountains
 of *Jamaica* do, hath not inured them there-
 to, while their greater diurnal heat hath suf-
 ficiently disposed them to a most ready re-
 ception of the night cold Invaders, of
 which more under the head of place. Let's
 here make some further progress, though
 on this airy Subject, and consider next it's
 thickness and moisture. That active heat
 rarefies and thins, is very true; and therefore
 it may seem a Paradox, to assert the Air of
Jamaica to be eminently thick, while the
 Clime is so hot: but yet that *de facto* it is so,
 and for great reason must be so, it behoves
 me to evince. Air as Air, in its self and with-
 out additional mixtures, is to a proverb thin:
 so that to enquire into its first essentialls or
 quiddity ought to afford but a jejune noti-
 on; yet as it causeth real effects, and carri-
 eth so great a share of the most manifest im-
 pressions of the Universe, it ought not to be
 neglected in a physical enquiry. Every one
 breathing knows or feels what's meant by
 the word; and as it hath generally been e-
 steemed an element, it admits of no compo-
 sing mixture. But since it is demonstrated of
 late

late, to have great elasticity or central Spring of its motion, which alwayes ariseth from centration, or contraction of somewhat, I consider it therefore as a most thin vest or mantle of grosser bodies, without which our senses can act on nothing; and the which, as it's variously altered and changed by diversities and accumulations of bodies, becomes differently beneficial or noxious to life: but as in it self not stuffed out with grosser bodies, it may well be apprehended as contracting and shrinking into its self: hence reasonably it may be most cold, and a general cooler: when therefore it's sensibly hot, it must necessarily be thick, and from the great resistance of its inmates be disposed to quickest motion, or without such motion it must necessarily resolve into putrefaction, and break up the old mansion for a newer dress or outward appearance. It may not be without some probable shew, that from this Elasticity of the Air, when refined and separated through the porous Lungs, that the *Systole*, or contracting power of the heart may first be put into act, and that then the heart from its concentrated heat may be pushed into its *Diastole* or enlargement, so beginning and so continuing our vital motions from the

the same springs that give motion to the greater World. But to run that Elasticity to its first cause and the heat to its, would transport me into improper suggestions for this place, and therefore at least now I shall be content to take them both as I find them, *viz.* as they two constitute the *Famaica* thick, yet brisk moving Air. There remains yet another necessary quality *viz.* that of Moisture: for thick and hot must be too harsh for life without softning moisture. Male qualities can never be benign enough without amorous mixtures of Female softness; *thus Male and Female created be them, and they replenished the earth,* The Air of *Famaica* is eminent herein, and therefore most agreeable to women, beneficial to their living, incuding their conceptions and facilitating their Births: but yet not so far impregnating, as if they, like the Spanish Ginnets, might be impressed by the Wind to a fruitfulness, without the Airiness of a Male consort.

It's evident, maugre the false reports of the designing Spaniard concerning *Famaica*, that it abounds with Children, as who so when he lands at Port- Royal, may convince himself at the easie rate of his first sight. It's true, among so great a crowd of young

young many will drop, as all the world over, ere they arrive their riper age. The moisture of their infant state complying with that of the air must necessarily breed worms, which is almost the whole of evil, ordinarily besiegeth children to their hazard; of which in its more proper place. That the Air here is egregiously moist, the very keys in our pockets will easily open and demonstrate its truth, and that moisture is not only such, but notoriously nitrous; hence it may well work on mineral bodies and corrode them with rust, as we see it doth. The great quantities of salt-Peter brought into *Europe* from the *East-Indies*, evinceth its great store to be found in such like hot Countries as they are, and every way to be equalled by the West in all such products: from the same cause of abounding nitrous parts in the Air, our Rains are so fruitful and our Dews so vastly penetrating, that they equal if not out-do that of Snow water.

Hence it is, the moisture of our Air is not so putrefactive as might be expected from its heat and moisture, did not its Nitre eminently season it with a saline preservation. Neither yet doth our heat cause such thirst as the same would of necessity

cessity in *Europe*: Forasmuch as the nitrous Air resolving clammy thickenings and furrings of our mouths, answers one end of moisture, and consequently prevents thirstings: From the same cause generally our bellies are more open and lax to the daily discharge of excrementious Burthens.

It may not be improper being fallen into this nitrous account of the Air, to speak something of that thundering salt, which hath made such a noise in the world, especially since the invention of Gunpowder, whose principal ingredient being Nitre, hath brought it into daily remark as well as into greater use: Nitre therefore, to describe it, and make good the description by experiments, is to every ones taste a cooling Salt, to every ones experience volatile and greatly penetrating, therefore cleansing and scouring, possessed with a remarkable Sulphur and an internal bitterness. All which sensible qualities point at its being and compositions, which Nature elaborates from various subjects, on which art it self in some most happily imitates. That all Air hath nitrous parts, though some far more then others, is no difficult belief: but how it comes by such
is

is nothing so easily to be evinced. The most eminent disposer of our visible heat is the Sun, all light contracted proves hot, and the extremity thereof Fire, the passage or *medium* of light from its great Source to the earth is soft yeilding Air ; and that already hath been said to be a contracting vest of Bodies, and therefore it will not be hard to apprehend how it may invellope and grasp to it self warm Particles of light, and thereby give being to this universal inmate, *viz.* the Nitre of the Air which while but lightly tinctured manifests but little thereof, but through daily renovations of the same action grows fatiate, and falls by its own weight to the ground : Besides, from the Earth, and emanantly from the Sea, the united rebounding heat ascending its neereſt air therein is captivated, and fashioned into this new form of nitrous Salt ; and to conclude this deviation, the Sea salt it self, though so egregiously fixed, that Fire moves it little, even that is wholly converted into pure Nitre and a fixed insipid Earth, as by undoubted experience I have evinced to my self: So then for our great heat between the Tropicks, the moisture of the air and our neerness in *Jamaica* to the surrounding

rounding Sea: We cannot but expect, as we find our Air to be very nitrous, thence penetrating and thence cooling, averſe in its nature to the coagulating ſtone, in humane Body a good defence and ſecurity againſt ſcorbutick affects, a true cooling Febrifuge. Hence our Fevers are rarely continued but generally intermitted ones, of which elſe where, hence to conclude this Chapter of the air of *Jamaica*, the contagious plague is well and maturely prohibited inhabiting our Air, the which, to ſumm up all, is viſying hot, and multiplyingly moiſt, incorporating thick, and ſpirituouſly brisk and moving, by its nitroſity piercing and cleanſing, in all moſt proper to increaſe life, ſutable to the neceſſity of the place.

CHAP. 2.

Of the Place.

Jamaica being an Island of its peculiar Form, scituated in the degrees of 17. 29. with its references to its neighbouring Islands and the South Continent being variously lyable to Currents, to Norths, South's, and South-west Winds. Its diurnal and nocturnal Brezes affords peculiar considerations, both as to seasons and states of health.

First as it is an Island, 'tis more suitable to Islanders; as to its form, it seems fitted for the resistance of Hariconoes, to which this Island hath not yet been, and I presume never may be subject: For the whole is a long narrow Tract of land, swelling in the midst into the continued heights of mountains, running from the East to the West: whereby the north Winds become divided from the South, and the East and West are both wedged asunder to the diminution of their force, from the figure

of the place. Therefore it becomes less
 lyable, if not wholly free, from those de-
 structive tumults of huddling winds,
 which desolate sometimes and always at
 the seasons of their blowings affright other
 the lesser Islands: The figure of this Island
 resembles most a Saddle or many Saddles,
 the most inhabited and planted places are
 the plainer skirts and descents, as most
 neer the exporting and importing places
 of the Island. Yet the more remote moun-
 tains are not without their eminent desira-
 bleness, as being generally best wooded
 and watered, and when opened, most
 wholsome and agreeable, pleasant to the
 English Temperament, as being cooler and
 the Air thinner: Besides the mould is most
 unctuous and fruitful, having been a long
 time defended and shaded by its mighty
 Bowers, from the fierce Rapes of the
 fiery *Phæbus*. The coolness of the moun-
 tainous tracts so vastly differing from the
 hotter neighbouring confines of the Sea,
 render health more difficultly to be pre-
 served in those who pass immediately from
 one to the other, but that is for want of
 due advertency of one and the other
 place, and suitable provision for that
 change, which hereafter I shall sufficiently
 remark,

remark, having experienced the same sufficiently on my self, to my satisfaction and safety: after first having suffered in such a travel, by the invasion of a severe Tertian. But to return to the more inhabited parts of this Island, and to salute our new Comers at the most eminent place of Port-Royal, which is seated on the south side of the Island, in the degrees 17. 29. On the end of a long spit of sandy Land, after it having run twelve miles from the Mountains foot into the Sea, framing with other most admirable helps of the salt Pond, Mountains covert, the incomparable Land lockt Harbour most properly stiled Port-Royal, a place as agreeably seated for health and wholsome air, and for exportations and importations and defence. The latter being more proper for others on suitable occasions, to expatiate on, I leave the healthy part to our present remarks, and therein matter of Fact has sufficiently convinced me for nigh fifty years, and the reasonableness thereof bids fair to secure for the future. For the salt Water washing it on both sides with the great preservative and balsamick friend of life, defends from putrefactive inclination, neither yet renders such a place in-
cider

cident to the Scurvy (as usually in cold northern Climes 'tis wont) for here the most fixed sea Salt through the nature of the Heat, Air, and heavenly *Blas*, is readily volatilized, and thereby cures in stead of causing scorbutick affects. This Spirit of Salt relieves what the fixed Salt inflicts in our northern Sea confines, of this well seasoned Air Port-Royal partakes doubly for any other part of the Island, because seated in the midst of this preserving pickle: So that when the land Brezes reach this place, they must needs be first blended with the well leavening Air of the Harbour it self, whereby its noxiousness becomes well corrected and far less injurious. Besides, the nature of this sandy tract is such, as well to concur with its wholsom air, for it's eminently dry, and thereby an imbiber of the greatest rains, leaving no stagnating Water to putrefy and corrupt the Air, thus the steril Sands become occasionally fruitful in healthfulness. And what is not so proper for Herbage is more happy in being agreeable to humane Nature, and for propagating the Stock of *Adam* with the first signal blessing of *increase and multiply*. But I must not dwell too long in one place, having so much to touch at, e-

Specially the fair *Ligania* inviting their greedy eye to a present inquiry. This compact settlement is joyn'd by its mountains Easterly to the first runnings out of our extended sandy tract, whereof Port-Royal graces as well as defends the one end, and these Mountains the other, which seem to make one point of a Bow, for such a figure best explicates *Ligania*. May it always abide in its strength, projecting its numerous shafts as their *Decus* and *Tutamen* of the whole Island: the string of this lovely Bow is the most convenient Harbour of Port Royall, from whence the expatiating levell Land and large *Savannas* crowd backward the swelling Mountains many a fair Mile, affording a most benign Seat to numerous settlements: this pleasant tract is well advanced by its sweeter profit, while it unlades it self of great quantities of the best Sugar; and that so easily as to dissolve little by its transporting charge, which conducing to its plentiful accommodations, and being thus nigh, daily supplies of conveniencies render *Ligania* to be a most grateful and healthy place: the North west end whereof affords the other point of our Bow directing a further journey: for there the parting River of *de Coure* remembers us of *St. Fago de la viega* seated on the side

of the same about six Miles from the Harbour. It is this River which supplies the dayly drink of the Port, as well as its more neighbouring place, called Passage Fort, the fair hopefull beginning of a larger Town, distant from Port Royall about two leagues, quickly passed over by the delightful as well as the convenient transports of *Jamaica* built Wherries, whereof many a score plying both on the one side and the other side administer every way futable convenience of most ready Communication. Thus we bring our new Comer from the sandy point to the more apparent *Terra ferma* of *Jamaica*, where I being instead of a *Mercury* to the unacquainted, I cannot but tell him once for all, that this place as well as all our immediate bordering places on the sea round the whole Island are more proper for the well inured *Jamaica* Man than any later arrived persons : for the Air here as well as the water are rarely so good as more high in the well opened Country. Let's therefore being welcome here, pass on our most pleasant Road to the Town of St. *Jago* a very fair Town, through the enlargement of many streets beautified with divers Churches and regular Buildings, while it was the Residence of the lazy Spaniards, who here contented themselves with easie

pleasure, committed their planting to the care
 of their slaving Negro's: whereas now their
 more industrious successors live more sprin-
 kled abroad, wheree're their thriving con-
 cerns require the presence of the Master, lea-
 ving this Town more thinly dwelt in, having
 first been much spoiled by the conquering
 Army or ruinous neglects since. However
 there remains yet a good seat for a large
 Town, being well accommodated with a free
 open Air, from the wide *Savanna* wherein
 it's plac'd, supplied with water from the Ri-
 ver *de Coure* running by its side, furnished
 plentifully with the grasing Herds and
 Flocks, sporting in its view, though some-
 times forced to go further a Field for
 their daily Food, the soyl having so long
 lay open to the sterilizing Sun, it must
 needs be dry and afford more health to
 the Inhabitants of the Town than plenty of
 Herbage to their grasing Cattle. But
 the large quantity of their far extending
Savannaes, and the skirts of woods well
 supply the shortness of their grass, in
 their dry times generally affording Milk
 for their Babes and good flesh for their
 stronger men. This Town being well
 seated both for health and the conveniency
 of the whole Island, becomes the place of
 distributing

distributing Justice to the whole: the grand Courts being kept there, as well such as make as execute the laws; and to give life to all, our gracious Sovereign's mediated presence shines usually here in their Excellencies ordinary residences. After which I need say nothing more for *St. Fago de viega* but pass on in our pleasant *Savannaes* or Indian Fields (for such these *Savannaes* are conjectured to have been) and while we journey, refresh our sight sometimes with the numerous herds of larger oxen, in whose labour there is profit, sometimes with the sporting of the wanton Calves, and delight our ears with the sweet breathed Cowes, whose lowings echoing make Rural musick, delightfull at least to the happy owners whose dwellings ever now and then salute the passengers with their innocent aspects: and by this time *viz.* of an hour we are arrived the Bridge, eminent for it's remarkable good water; and here we must needs drink, as Custome is, and by drinking commend the same, as the best of any River water in *Jamaica*. When passed the Bridge, we still continue in open Air *Savannaes*, where jogging on we are still affected as before with the brutal Crows, and soon after surprized with more
futable

ſutable appearances : For on the margin
 of the riſing hills which ſtill terminate our
 dexterous aſpects ; the moſt remarkable
 Sugar-works allure us thither: The ſtranger
 is apt to aſk what Village it is (for every
 compleated Sugar-work is no leſs, the vari-
 ous and many buildings beſpeaking as
 much at firſt ſight) for beſides the more
 large manſion Houſe with its offices, the
 works, ſuch as the well contrived Mill,
 the ſpacious boiling Houſe, the large re-
 ceptive curing Houſes, ſtill Houſe, com-
 modious Stables for the grinding Cattle,
 lodging for the Over-ſeer, and white Ser-
 vants, working Shops for the neceſſary
 Smiths, others for the framing Carpen-
 ters, and Coopers: To all which when
 we add the ſtreets of the Negroes Houſes,
 no one will queſtion to call ſuch complea-
 ted Sugar-Work a ſmall Town or Village,
 as well for the number of the Inhabitants
 as Buildings, where ſince we are once
 come, it is but civil to wiſh them health,
 at leaſt by remarking ſomewhat condu-
 cing thereto, as firſt, though water is a
 moſt neceſſary conveniency, and its plen-
 ty and goodneſs a great accommodation
 to ſuch a ſettlement, yet forasmuch as the
 Air it ſelf is very moiſt, we ought to co-
 vet

yet as dry a living as may be, and there-
 fore not to lodge our selves or servants, re-
 ceptive of additional moisture either
 from Ponds or Rivers: For I have obser-
 ved it matter of Fact where such care hath
 been omitted, more lives then elsewhere
 have flooded into *Styx*. Besides, for the
 great preservation, a dry lodging, remo-
 ved at least one story from the ground, it
 is approved the best security of our white
 Servants; as for the Negroes, though their
 lodgings be neer the ground, they force
 off the moisture of the Earth by their con-
 stant fires, and thereby become healthy,
 moreover I cannot but mention a necessary
 restraint on the profuse drinking of the
 Rum: Forasmuch as its excess most strangely
 renders skirrous the Liver & Spleen, whence
 ill and waterish Blood and at length Drop-
 sies, which intimation besides matter of Fact,
 I first received from the learned *Johannes*
Antonides Vanderlinden, whose practice
 leading him to the observation of strange
 skirrous Spleens in *Frisia*, he reasonably
 concluded such to arise from their adusting
 Drink of Brandy, of which elsewhere: I on-
 ly now admonish being strengthened with
 reason and observation, that the use of
 Rum exceed not the due proportion of the
 judicious

judicious Adjuster: However if it chance to rain and wet the Labourers in the Field, it is agreeable if not necessary to fortify with a moderate Dram, and sometimes more liberally, thereby to encourage their strenuous exercise of dancing, whereby they may alleviate their slavery through delight as well as by exercising their Limbs adapt them more strong for work: Thus having visited one sugar Work for all, and seen the large *Savannas*, animated with flocks of Sheep, Herds of Cattel, and gangs of the *Barbary* breed Horses; we suppose their repeated continuance of the same through the precincts of *St. Dorothy: St. Johns Vere, Clarendine, and St. Elizabeth.* Through all which, though worthy of visiting, it were too tedious to travel our new Comer, I will only now refresh him with a surpassing Rarity, of a most strange Tree or two, worth his pains to visit: The one is a shining Tree, which about the Month of *November* bears such starry lights on its Body or Bark, that the Horse as well as the unknown Traveler is strangely affrighted thereat, 'tis a living as well as thriving Tree: Not such an one whose rotten wood may solve the appearance, neither doth any
 Glowworm

Glowworm or such like Animal lodge there, to give us the reason of the light, neither yet is it a transient shining made by any reflections of light elsewhere, but it is such as to abide some miles carrying it, and some hours after its separation in a small part of the bark from the Tree it self : For I carrying the same in my pocket, and after looking for my wooden Gem found its lustre persevering, so that I read by the light thereof, and by most exact scrutiny I could never observe Worm or liquid Gum superadded, but by the next morn (for this was about midnight) my once lighted Bark shews me nothing else but its ordinary dark self : This Tree did not only once impose on the credulous fancy or disturbed Brain of a single person, but every year shews the like to who so lists to view it ; besides there be more then one such trees, and in divers places of the Island, of which its observed they shine most sparkingly and vivid in the darkest night, and especially after a shower of Rain. Whether this may have any affinity with the burning Rush, I dare not determine, but having by one Rarity prepared the curious, I shall less surprize by another, which is a Tree or shrub bearing animal seeds :

To

to the which the plants called sensitive, whereof there's plenty here, are trifling and inconsiderable. For these seeds have an internal spring of motion, jumping up and down without any touch like the usual sensitive Plants, to make them contract themselves, neither from applying or contracting dryness do they take their Rise, and then have done, as several seeds will often spurt themselves from suchlike Causes. But our far stranger seed hath more then one motion: For touch you each and you will perceive a pulse (besides in your own fingers) plainly throbbing in the hollow seed it self: And yet further and more strange, lay two of the same on the Table, they will skip many a fair jump above a span high, and further to surprise, they steer their motion one to the other, though placed at distance on the table. The seeds will continue those frolicks many days: But then decline in their vigor, till they leave us destitute of the pleasure they first afforded: The seed is externally convex and oblong, internally concave and adapted to a true adjustment with four other seeds in one common inclosure of a brown Colour light and hollow within, where (for I opened them) appeared nothing to exercise

cise our conjecture about ; only matter of Fact convinced the various senses of its extraordinary appearances : The which being so great, I am glad it was seen by a multitude, and at diverse times, and more eminently to confirm the certainty by the highly sagacious and most just observer, his excellency my Lord *Vaughan* our most happy Governour, who ordered his Gardiner to cultivate some of the same seeds for a further growth, which being at St. *Fago*, we will suppose our inquisitive Traveller returned thither. And since he hath hitherto seen our *Savanna* Country, now for a more delightful mixture and variety sake we will steer a course of another nature: for as the former progress was with the extended length, and as it were with the grain of the Country, at least on the South side : So now wee'll cross and run athwart to the North side of our more narrow *Jamaica*, following as much as may be the natural cut through the Mountains, which the rapid Rivers and violent Rains through a long duration of time, hath effected more powerful then *Hannibals* Vinegar through the *Alpes*. It's four miles from St. *Fago* ere we need take the advantage of this way-preparing River

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Couree, and then we chiefly make use of its marginal Cut, elaborated by many hands and continual Industry, preserved a tolerable good path, at least such as is most strangely different from any other, affecting the pensive passenger with new thoughts from the unusual novelties presented to his passing eye: For now he rides at the bottom or neer the same of the high Mountains split a sunder to wall in the Passenger on both sides from stragling deviations, pleasantly imprisoning him in his own way, which like to that of the Stygian Lake can nere be missed: And here it is reasonable to look before us, as well for our pleasure as preservation, although we can be but short sighted, being soon terminated in our prospect by a rocky upright Wall exceeding far both in height and strength, that of *China* or any other whatsoever artificial one. For here Nature her self is prodigal in the number and bigness of her rocky Tablets, heaped one on the other to a portentous crowd of the up-rear'd structure, as if the Giants of old had here begun their work of invading the *Empyream*. And lest the horror of these daring Rocks affright too much by their threatening Imminency, Mother Nature hath kindly

kindly mantled them with a green vesture of delighting Trees strangely ranging one over the other, as if the superior were rooted on the tops of the inferior, propagating various lengths of (as it were) Trees to a portentous height, and least such continued sights should glut the eye, the bare supporting Wall peeps out now and then with its scraggy aspects, to render the scene more solemn: Especially while the hoarse murmuring River sets the Base to the shrill Choristers of the wood, & affects the Daughters of musick as well as the enamored eye at the same time, by all which unusual pleasure we beguile our selves of our way till it brings us to the Elizian plains, a most pleasant Vale opening her kind Bosom to receive us from the passed shades into the more open Air of St. *Thomas* in the vale or sixteen mile walk, where to a wonder notwithstanding its surrounding Mountains and great ascending Fogs which skreen off the morning Sun some hours, it hath hitherto been reputed a wholesom and healthy place, greatly planted and almost crowded with the greatest settlements; but steering our Northern course we leave this vale behind us, and ascending successive mountains are led by the exalted Rid-

ges forward, not without memorials of the path to Heaven: Few hours are spent ere we descend the settled skirts of the North side of our *Jamaica* Saddle, where we may congratulate our selves returned to the temperament of an English May. It's almost past credence that so small distance should afford so great difference of heat and cold: Here the Air is most keen and thin, shutting up the too open Pores to a better husbandry of profuse sweatings, calculated more agreeable to the Meridian of the South side, where such sweatings are no less then necessary, but here scarcely convenient. Neither herein only are the North and South side differenced, but more eminently in their various seasons. For whereas the South side summer in the most direct neighbourhood of the Sun brings in the Rains, and when the Sun is more remote in its *Capricorn* progress, our dry times are generally observed, 'tis quite contrary on the North side, for there the more eminent seasons of Rain, make the Winter in its most proper time, and leave the summer like that of the English to be more dry. Hence, if my conjecture fail not, the North side is in its self, as it is found by good experience to be, most proper

for the desirable *Cacao*. The Rains most opportunely drenching the luxuriant Tree to its great satiety and overflowing fruitfulness, which rains on the South side being deficient about the time of *Cacaas* bearing, leave the succulent Tree too dry, and therefore pining for want of its desirable fruit, as if the voice of Nature in the *Cacao* Tree cryed *give me Children or else I dye*; every thing is beautiful as well in its place or season. Wherefore seeing Nature seems to adapt the North side to this Indian Treasury; and hath already well stored this proper place through planting dilligence, with a hopeful prospect of this its enriching produce, it were too great a neglect to omit visiting a *Cacao* Walk: For so ground orderly planted therewith in regular walks, is called, wherein the *Cacao* and Plantain Trees are orderly and successively ranged the one to shelter the other, lest the preying Sun suck up too much of the moisture naturally benign to the *Cacao* Tree as well as to break the force of the too boisterous winds, lest such should chance to injure the delicate Plant. These attendant Trees called Plantains give novelty of aspect to our Northern Stranger, no Tree whatsoever in the cold

Countries affording so large and so broad a Leaf, the which copiously lodge the enriching dew, and retails it to its neighbouring Plant, sprinkling the pearly drops as the wind moves the yielding leaves; Neither is this the only fruit of the Guardian Tree, for it is loaded with a weighty bunch of clustering Plantains (for so the fruit is called) whereof both bread and drink with smallest trouble are provided, not only for the labouring Slaves, but grateful to their Masters palate : A food far exceeding Potatoes, at least in point of health as nothing so readily breeding worms on such who live thereon: This Fruit before its immature roughness (of which it eminently partakes) is removed by the sweetness of the ripening Sun, is a most ready astringent in our ordinary debilitating Fluxes. But the service of these Plantain Trees at least in our *Cacao* Walk advance us four or five paces further, and then imploy the greedy eye no longer on themselves but on a far more affecting object, *viz.* the delightful *Cacao* Tree: A Tree of that singular beauty as to gratify the marvellous eye of each beholder, for bigness not exceeding our Cherry-trees; its large, broad oblong leaf, falls back, and hangs with

kind of native fondness to its productive original, like so many shields to defend the tender Tree from the descending injuries, the colour of the leaf is solemn and grave with a deep verdure. Its fruity Jewel is most admirably set, studding the very body of the Tree with its luxuriant Treasure, enameling with yellow and red, not only the verdant Boughs but barky substance and body of the Tree from the very earth upwards, each cod (for in such this Treasury is crowded) Cabinets about thirty two Nuts orderly set in a soft Bed of sweet slimy pulp, to preserve as well as nourish the tender fruit. To say the truth at once, the whole Tree is a *non pareil*, an Indian Treasury: For the very Nuts among the Indians and Spaniards go currant as lesser money, even there whence the greatest part of the currant Coyn of the whole world is brought, 'tis their Riches, their Food, their Delicacy, and all in one. Of this so useful, so profitable commodity, the North side of this Island is most richly stored as well as through the goodness of the mould, &c. very fit for the more speedy unlading Sugar Cane, which by sufficient experience is found here not inferior to the best, besides the great quantity of

Fustick; the Bay Tree or spicy *Pimento*
 perfume the woods with profitable sweets,
 to which our *Winter* Bark or West Indian
 Cinnamon Tree adds its help to embalm
 the Air, while the creeping *China* paves our
 footing with its eminent restorative Roots,
 too easy at hand to be valued to their intrin-
 sick worth: (*ex pede Herculem*) from the
 little yet discovered we may guess at the
 more unknown Treasure. Its Woods,
 Plants, Seeds, Fruits, Stones requiring
 more ages than one to bring them to light,
 it may suffice at least for my first attempts
 to have presented this one huddling Cluster
 of our first more obvious commodities. A
 more retired inquisition, when the desira-
 ble Country shall be my chief study, may
 hereafter (God willing) be superadded,
 in the mean while I have thus lightly
 touched at the nature of the place both on
 the North and South side of the Island of
Jamaica; There remains my third Hippo-
 cratical head, and there under to speak more
 distinctly of the water of this place.

C H A P. 3.

Of the Water of Jamaica.

HOW necessary Water is to life, and how differences of water do variously affect the life not only of the vegetative, but of the breathing world, though readily it will be confessed, yet oft it's less considered than the improvement of such an object may well require at our hands : Especially in those places where water is the common drink of the most, as well as the most proper for all. To search out the fountains of the deep, and enquire after the original Source of waters may seem an extravagancy as well as too needless a Retrospect ; yet forasmuch as the inquisitive mind is never satisfied without it ascend to the first cause of things, and even the first as such intimates a principle yet prior to the cause, I presume to guess at the participations of waters, and thence assign them one of the first appearing causes or matter of all visibles, and therefore not to be

neglected in this our Chap. of Water, relating to Health, or the interruption thereof by Diseases. Without presumption I may take *Moses* for my best guide to the origination of things, especially since particularly he hath written there, *Gen. 1.* For he not only as enlightened *by the Candle of the Lord* with other men: But as ascending into the Mount, and by the special light of the burning Bush, peeping neereft into the thick darkness, thence knew how to commence the generations of the Heavens and the Earth; for darkness was first on the face of the Deep: Not darkness as a privation of light, because it was first but darkness as a fit sheath to enshrine the after to be produced light: Darkness as the curdling power and confining Tabernacle of the first breath, or going forth of the Almighty: Thus he makes darkness his Pavilion, and characterizeth his otherwise unintelligible Word to the modes and measures of after to be created Beings, fitted to take in by piece meal, what was impossible in the whole to be apprehended, therefore the Spirit of God is said to move first on the Face of the waters: The Spirit cannot move without the Word, nor the Word without Light, nor the Light be apprehensible

apprehensible but by a confinement or termination which is darkness on the face of the Deep, or on the face of the waters, which is all one and the same : For the face of the waters, *viz.* the external term thereof, being nothing but darkness, was ere the waters were brought forth, for the Waters being creatures were made by his word, and his first word was *Let there be light*, where, but in the darkness, which being the *Horizon*, the confinement, the vale of the light, and that light being according to true weight and measure adjusted to its covering vest, make the first pure fluid. The first essentiated waters not yet contaminated but very living, and waters of life natural, a pure Mirror for the Almighty to see, and by seeing to bring forth his eternal *Ideas*, and render them visible in a World of creatural Beings.

Hence all our knowledge in and of this World may well be said to be as in a mirror darkly, and that not tropically only but truly and naturally, for the nature of all created Beings taking their Source hence, *viz.* from the originating waters, all we see is truly and radically in each thing, nay all that becomes communicative any wise to our supply, first expands it self towards this

this Fountain head : All seeds are reduced into a watry expansion ere they multiply, all Foods become dissolved into liquids ere they nourish, and the external sign of the great and mystical Renovation descending into waters, the significant Sacrament adjusting our Religion to the principles of our Nature ; therefore who so violates the one to engraft the other, and destroys the man to make a Bigot, runs counter to the alwise at his own peril. God begins his new creation neer where he did the first, and both from waters, though different products flow from one and the other, or else infinity would be straitned, from which, as contradictory, nature abhors ; or do the same work twice which would tax of infirmity, or want of power or wildome : wherefore almost an infinite variety must necessarily emerge from this self same original, which though so vastly differing, yet all agree in water, which water were it equally pure, all equally limpid and agreeable, there would be no need I should assign the water of *Jamaica* as one Topick for my discourse concerning Health and Diseases there. But since it is so receptive of divers Forms and mixtures, and so becomes more or less agreeable

greeable to humane life and health, from its great diversity of Allays and corruptions, my duty is to remark the good, and and characterize the less good, or directly noxious, or at least stimulate others to do it better. The most general allowed Test of waters is their lightness, of which the best partakes most: Whereby all mineral waters, though never so limpid are first to be excepted against, at least in the way of nourishment, though not as to medicinal effects. Sometimes desirable mountainous places, such as *Jamaica*, hide in their teeming Bellies store of the subjects of the mineral Kingdome, and therefore the waters issuing thence are first to be distinguished, hence the first settling Spaniards named the River that passes by the Town of St. *Jago Rio de Coure*, or the Copper River, being it is tainted with issuings forth of some or many Copper Mines, chiefly discernable in the time of Floods and Freshes, when the mountainous Rain wash down the Creeks and Guts, in the otherwise wholesome Current, at which times the prudent Spaniard drank not thereof, nor at other times, without first settling the same in Jars, whereby the mineral *Ocre* had time to subside and separate

rate the vomitive virtue from their drink, which laudable custome continues to their Successors, who generally take up the next days water in the precedent evening, which while the careless neglect, they oft pay for it to their sorrow, though they consider less the cause thereof than the importance requires. This same River after having run some purging miles becomes the usual drink of Port-Royal, for the most part more wholesome there than at the Town of St. *Fago*, because by its current more defæcated from its mineral Inmate, which demonstration of weight will easily evince to the curious, not but that even this water brings sometimes its taint with it to the Port, through the discharge of the many salt Springs neer Cabbage Tree bottome, and the neighbouring places, of which my curiosity hath prompted me to taste; but then being casked up (for so our water is conveyed to the Point) and standing sometimes in its new Inclosure, ere we drink thereof, give's time to the subsiding alien: The care remains that the Cask be always well washed when the supplies of water are required in the same Vessel, otherwise the mineral *Ocras* may contaminate the latter received Tennent,

nent, continuing the alien taint till it be
 imbibed by the drinkers, who unknow-
 ingly all on a suddain fall into Fluxes and
 Gripes, especially new Comers who not
 yet used thereto are much affected thereby,
 nay the country planters coming rarely to
 the Point, suffer oft the like from the same
 cause: To avoid all which both at St. *Fa-*
go and the Port, it were much to be desi-
 red that both one and the other would sup-
 ply themselves with water elsewhere, *viz.*
 that they of the Town would be at the trou-
 ble as the wiser Spaniards were to fetch
 their water from the Bridge, from the Ri-
 ver called the black River, and they of the
 Point from the Rock (a place so termed
 neer the Harbour) both which afford sig-
 nally good water. As for the Well waters
 wheresoever they are used, as too frequent
 they are especially in *Ligania*, they are
 found too heavy for our necessary brisk
 circulation of Blood, besides their remain-
 ing grosser parts prove oft obstructive in-
 mates, administring too frequent occasions
 of our dry Bellyach and Dropsies. Pond
 water as either arising from higher
 Springs or containing Rain water, both
 farther concocted of the Heavens, makes a
 more wholsome than delightful water; yet
 such

such as is most fit for brewing our cold drinks (as they call them) with being most susceptible of a fermenting power to work and thereby render them more wholesome. Providence hath plentifully watered this Island with great variety of copious Rivers, besides lesser Springs almost every where to be found, but more in the mountainous than vally Land. And such affording more wholesome drink by how much the higher the ascent of such is, hence though we mount not without some straining difficulty the aspiring heights of Hills, we are well recompenced by the excellency of the water, usually found there more cleer, more pure, and far cooler, truly slackning and not exasperating, as some waters do, the deceived thirst: for on such Eminences the water is usually best digested and separated from injurious aliens (especially there no mineral Taints are blended therewith) such are most usually met with in their descending traces, not in the first ructions on the tops of mountains: for there-to mineral waters cannot well aspire, for their depressing weight hurries such to their more proper place, and brings them to the mouths of the lazy, who not taking pains for the best must be contented with
the

the worser. *Sed quis ascendet in montem Domini*, he alone is secure of the true natural waters of life which in their pure vitality promise length of days and clarity of Spirits. It's more than ordinary briskness they usually shine to the very eye with, besides, the discerning Palate or yet the more intelligent Stomach quickly discover their agreeableness, thus as we ascend to the fountain of all blessings, we nearer partake of his more immediate goodness in vital gifts, which are mixed more and more the lower they descend: Therefore it is worth while to receive such at the first hand on the mountainous eminences of Nature, framed as it were for the contented aspirer, who there still satiates himself with elemental purity, and thereby hath less fear of jarring discords to the dissolution of his Frame. As *Helmont* remarks in his Chap. of the Mountain of the Lord, all Nations, saith he, inhabiting the mountains are of an hardier body and of a more vigorous and flourishing life than those who inhabit pleasant Fields, which effects do manifest their cause: for a more sweet and purer Air is there imbreathed and every *Gas* being deprived of its filth returns into the pure matter of water: Further

ther, it is in such mountains are found the highly sublimed Dews plenteously enriched with Heavens Treasure, and separated from terrene clogs to afford a kind of elixirated water transcending all others whatsoever, especially for those whose longer durance in such places hath adapted them for so pure a Drink, too penetrating for grosser Bodies, as endangering too sudden a change, which nature will never brook to be forced to at once, but is easily led by preparatory steps of a thin Blood and rectified Juices: 'Tis then our Mountanist may drink this liquid *Manna*, and live more healthy and longer than others elsewhere. Besides the ordinary supplies of Rivers, Springs, Ponds, Wells from Heaven it self in copious Rains, and refined Dews; there grow large Withs, for so they are called, most frequent in the most dry places, as it were providentially to obviate the thirsty, which being cut, pour out a cleer well tasted and wholesome water to satiate the bewildred Traveller, of which our Hunters serve themselves frequently: I may here add the remarkable Coker Nut Tree, a Tree well provided with all necessaries of life, as for Cloathing, Meat and Drink, and Vessels of use,

use, besides it affords a most grateful aspect while it ascends direct and high, wearing its tuft of palmy Branches aloft, whose monthly clusters of large capacious Nuts, at their due successive times, supply a pleasant milky water both for the slacking of thirst and good nourishment: for if it be urged by the Fire, it gellies into a natural Custard, otherwise it is a clear agreeable water well answering the Indications of an hectic Heat, cooling, moistning, and sweetning, and nourishing, at the same time, of which notwithstanding a too cool Stomach may take too much; and thereby be chilled into a disadvantageous weakness. But such water as that of the Coker Nut being more appropriated to the industrious Planter than it is common to all (for *usus est communis aquarum*) we need take no further notice thereof; but we'll conclude *Jamaica* to be plentifully watered, and that with great choice, among which some give no place to the best in the world, and to which the long living *Jamaica* Man must necessarily addict himself for his most usual drink, of which we may see further under our next head of the Customs and Manners of living.

CHAP. 4.

Of the Customs and Manners of living.

THe consideration of the Customs and Manners of living, is no way an alien speculation from our scope of desired health, but the neglect thereof often much contributes to diverse Intemperatures, undavisedly drawn on our selves, for the want of substituting new Indian ones in the place of our proper native manners and usages in living. I confess it is deeply natural, where ere we are, to adhere to our earliest implanted inclinations, wherefore though we change our place we seem loth to change our ingeny, but needs, though with less reason than's fit, we transport northern chilly propensities, and customs thereon depending, into the southern hot Climes, and most improper and destructive to health, at least long life: we retain our ancient English humor (most desirable in its proper place) as to eating

and

and drinking, and other the acts of Nature no way to be neglected or perhaps diminished, only in an order futable to the change of the place, to be better husbanded for the vigor of Nature and prolonging of Life. The quantity, times, and quality of our English Drink and Food, ought, according to the best of my reason, to be wholly changed for other more natural and agreeable to the clime and circumstances of living. As for the quantity we neither ought to eat so much or so little as may well agree in *England*, for excess in either cannot so suddain threaten life there as here, for Nature is not so yare with her delinquents in the cold northern Tracts as between the Tropicks, where all motions being necessarily more quick, the punishment of all Intemperances afford less time for Repentance: the quantity therefore ought to be lesned one way and increased another, *i.e.* we may well eat more at more times and less at each, where good supplies administer a plenty. It must be for health and continuance of strength to eat at least four times in twenty four hours, *viz.* Chocalata at six in the morn, at Ten dine more sparingly than the English, at four afternoon repeat Chocalata, between

seven and eight a plentiful supper may be best admitted ; to drink between meals may not be forbidden in a hot Country as this, for whoso lists may properly take a plentiful Draught of water, as it is usual for some before they take their Chocalata, but by no means soon after, as strictly prohibited by the observing Spaniard : However at other times a large Draught of the pure crySTALLINE naturally well concocted Water, may well refresh and contribute to render our Bloods thin, and circulate the better : and lest such at sometimes should chill the Stomach too much, the Spanish custome of eating candied warm Fruits and Roots after such draughts may be esteemed reasonable, such as candied Limes, Orenge, Ginger, Marmalade of *Guavas* quiddinies, of Citrons, to be taken in little quantities as we usually do Cheese after meat for concoction. When the Sun declines, the warm Spirit of the Grape most properly may be admitted, and that to a natural warmth, not an inebriating Fire, to whet appetite and better perform the digestion of the greater meal, as well as to fortify against the night moisture of the Air, and powers of the neer Moon. And now it being not out of the way, but
conspiring

conspiring to the great design of health and life, we may well remark the Wines proper and improper for our careful *Samica* Drinker, and herein we may consider the great providence and bounty of the All-wise and All-good disposer of his creation. For as there is no place so conveniently seated for the quick and commodious conveyance of Wines to the western World, as the *Maderas* and her neighbours: So neither is there any wine so well adjusted to the wants and profitable refreshings and safety of the Drinkers, as such Wines are, they being as it were a *medium* between other Wines and Brandy, not so hot as the latter, nor so mild as the former, but of a good warming nature against the daily large expence by heat and sweating, adapted to circulate her thick blood: For such we are liable to here, suitable to the brisk motions necessary to this swelling part of the Globe. Besides, such wines afford a good pleasant mixture with water, and thereby become most useful here, where water is our most natural and common drink. Again contrary to other wines, which are best preserved to the pleasure and the profit of the Drinker in cold places and cellars, these

as it were complying with the place they were designed for, preserve themselves though in a warm Repository, and grow slower and eager in a more cool. Having therefore so good and agreeable conditions in our *Madera* Wines, we may better dispense with the absence of French Clarrets and white Wines, as also the too heavy (as usually ordered) Canaries and Sacks, for these, more especially the balderdash'd Clarrets, the covetous Brewers and Corrupters thereof seldome send them without having one part thereof burnt to serve the funerals of those they have killed. It were not without shew of Justice that such who first expos'd them to the publick nuisance of life should drink most of such themselves, whereof if they dy, they may have a stake driven through their Corps as *Felons de se*: But the unrighteous *Mammon* accruing from such Merchandize will make them better friends and entail the danger on the innocent Purchaser, whom as I ought I do warn thereof, wishing him to drink his own health in the safe *Maderas*, such being every way accommodated to cautious *Famajica* Drinkers. But lest while I talk of the *Madera* Wines with a feeling *gusto*, I may seem to forget my self
and

and loose my way, Il'e return more directly to my discourse, where I left my regulated man at his good supper, to supply the large expences of the Day, as well as to provide carefully for the night, which ought to be spent not without circumspection, our greatest dangers arising thence, *viz.* from the great chilling moistures of the Moon, and the influence of the other man alluring Planet felt by the amorous, from whence the due moderation of Reason ought carefully to defend the Males, who, for want of advertency herein and other things, dye four or five to one of the other Sex. I mean the virile Males to the futable Females, and the reason is not very obscure, for whoso spends two hundred pound in one place, as oft as in another he could but one single hundred, must assoon again be bankrupt, which is much the state of the forementioned case: wherefore let our moderation be known herein by prolonging our lives through alteration of customs to a futable adjustment of Nature and Place. But of this enough; to please therefore, let me return to my Chocalata, wherewith I begin the orderly and properly supplies of the day. And here dame Nature smiles me thinks

as it were shewing her self in love with humanity by such a provision both for the individual and species in one single nourishment : Had the Poets known hereof, they had made this single Food serve their Deities in both Capacities of Meat and Drink, for such it, is being moderately hot as its agreeable bitterness witnesses, and refreshing moist as its cool oyl suggests, and thereby most fitly nourisheth and slacketh thirst at the same time.

If to any Thirst ensue the drinking thereof, or where so it may disagree with the Stomach, as sometimes it may, it signifies such of no good west Indian temper, at least at present; or that the place doth not naturally agree with such an one : For as much as all Natives I ere observed most greedily desire it from their infancy, and if ever they refuse Chocalata, it signifies they need rectifying their State. Wherefore it is not only a Food, but a natural test of Health, for when the Stomach hath too much choler, as to quarrel with Chocalata, it indicates evacuation thereof necessary and expedient, or some other provision for regulating of disordered temper, but luxury is too prone to vitiate the gifts of Nature by corrupting her simplicity, for

for a better provision to the satisfying of
 lusts, which as entrenching on the integrity
 and duration of life, I ought not to insinuate
 but casheir the high aromatick mixtures
 and perfumes of the otherwise much better
 Chocalata, such burthening the Stomach,
 which else with fresh and renewed appetite
 would continually grace the sincere Chocalata:
 Eggs likewise graduate it too high for a
 constant usage, wherefore while I recommend
 a daily repetition and that doubly of this
 our west Indian Ambrosian Nectar, I intend
 the simple well ground and adapted Nut and
 water, with so little Sugar as to preserve
 somewhat of the natural bitterness of the
Cacao, which is most grateful to the Stomach;
 who so listeth may consult *Hernandes*, P. 8.
 and find there three sorts, and chuse which
 pleaseth him best: The ancient Indians
 contented themselves often with the bare Nut
 in their travelling, eating two or three of
 them at a time and drinking water, to make
 the composition more natural in their digesting
 Stomachs: With the better composition, yet
 still as neer nature as may be, I would have
 the regular living *Jamaica* man institute one
 half of his sustenance, it being not only
 very

very easy of digestion, but affording solid and lasting nourishment against the devouring heat of the near Sun : For the oily parts supply with genuine moisture his otherwise apt to be too much parched Body, rendring the muscular Fibres apt to motion, leavening the Stomach with renovated ferment, supplying the Bowels with defensive armature against corroding defluxions, as well as making the same slippery for the advantage of their peristaltick motion : For the Kidney I find nothing more genuine than Chocalata, moving a more plentiful Urine, and also administering a balsamick quality to the Ulcers, oft incident to those parts, provided spices, &c. be omitted. To particularise all the useful conveniences of this single fruit, would require more paper than this small manual can admit ; to shew what convenient and nourishing Food (in time when it shall be plenty enough) it might administer to Armies and royal Navies, would swell as beyond our stint. What use the hard white Butter separated from the Nut, what pleasant fermenting Juice the washing of the slimy fruit may afford, to what great uses they may well concur, I must curb my self in full relations; being to proceed from

from the morning proper food unto the ten of the clock Meal, wherein I would change the times of eating in *England*, and that because of the too neer heating Sun at high noon more inclining to a *Seasto* than any thing else : Let the Table be therefore spread never later than ten of the Clock, where first the delicious well concocted Musmillion most temptingly presents, both the oblong and white one as well as the more round and red one, as also the water Million, the superlative Pine, various Oreniges and Lemons, Citrons, Pomegranates, Cushewes, Grapes, Dates, maiden Plantains, Bonanoes, Cherries, Tamarinds, Nasburies, fower Sops, Pinguins, with many other, each in their seasons supplying the whole summer year with a plentiful first service, proper for this time of day and the place of living. Next good Broths, with Mutton, Goat, or Fowls, well cooled with Purslain, Lettuce, Sorrel, Papas thickned with Potatoes, Yams rendred stomatick with our red Pepper as wholesome as the east Indian, serves very agreeable both to nourish and moisten, or else Piloe, for which our native Rice may serve, as a food easy of digestion may well be admitted likewise the young *Ocra*

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an agreeable Food as well for the Species as individual, dressed variously according to pleasure, besides the Family of *Legumina*, of which there are more than thirty sorts, relished with salted Pork, which Flesh here greatly excels, or powdered Beef, rather in compliance with the English great inclination to Flesh than otherwise, for the lighter or easiest digested food is always most proper here for digestion, as all the works of nature here are and ought to be most speedy, to comply with the universal briskness of motions betwixt the Tropicks. Wherefore the vast variety of Fish are found a great as well as a most sutable nutriment, and the Natives though descended from great flesh eating Parents prefer a Fish diet, and whatso is easily convertible to humane service, before stubborn flesh, (for such all flesh is comparatively) a demonstration, what the nature of the place requires, and therefore to be complied with by the reasonable observer: And here, it being not an improper place, let me recite with thankful acknowledgment to divine Bounty the delightful wholesome as well as plentiful store of nourishment, which the boundless Ocean, as well as many retailing Rivers on

all sides pour in upon us, in which recital I must needs give the first place, for more reasons than one, to the Bountiful Turtle, a strange as well as useful Creature, vastly answering necessity in living through its quantity of convenient Food, as well as gratifying the curious palate with extraordinary delicacy, exceeding that of marrow and fatness in any other Creature I know of, this flesh of Fish unites both Sea and Land in one, it partakes of neither so much as to offend the Palate, and wants of nothing that excels in either, the Flesh is truly solid but easy of digestion, like Fish in the last, but as flesh in the first, neither the lean nor the fat of a fishy taste, but both as pleasant as nourishing, and as nourishing as pleasant, and therefore in the whole a complete restaurative food : as it is a shell Fish it may well pretend thereto, and as its flesh is most like the white tender veal, it may make good the pretence, hence its broths, when boyled excels whatsoever, transcending the very Jellies of the curious : when the Callapee (for such is called the belly part) is baked, it vies with Venison, and lacks only scarcity to make it better, for judgement as well as palate will extort as much from me.

Judgement,

Judgement, I mean directed from the nature of this Creature, which certainly is extraordinary in Generation, Formation, Life, and Death, all which being remarkable, I must not omit either to defend my judgement. As for the generation of the Turtle, it's almost past the creed of any to allow, without most undeniable sense convince: for the amorous embraces of the Male and Female Turtles continue not Minutes, not Hours, not Daies; but the very circuit of a Moon, an old Ægyptian year compleat, their coitions, wherein they live on seminal expences without any other restaurative than water, is that, which would bankrupt the creation to imitate throughout. But then the poor prodigal, like the emblematick figures in *Fullers* holy War, as he went on full, he returns empty, and requires eleven months recruit to visit his Uncle, while the she plumps with the swelling of her impregnated Ovary, and being richly laden seeks the proper discharge of her increasing Treasury, mixing it, like that of natural dust Gold with the warm hatching sand, which puts off its sterility by extraordinary plentiful brood of young Turtle, who by strange instinct knowing their watery mansion, hast thither,

ther, from their now unprofitable nest :
 But that not without a numerous attendance of preying Fowl, who favouring their delicacy, endeavour to intercept them in their passage, which they fail not to do of some, while the other escape into the more proper Element, encreasing the stock of Turtle for the more constant furnishing the table of the deliciously feasting *Jamaica* Man, where I must not yet leave the Turtle, till I further remark his neer approximation to reason, as well as his prodigious fulness of vital energy, both evidently insinuated by the signal property of weeping. And here me thinks I cannot but bear a part with the mournful Turtle, and almost cry for company, while I behold her lying on her back (for that posture is their prison) fetching deep melting sighs, and profusely emitting Tears from her languishing eyes, litterally fulfilling *the creation groans for the hoped for liberty*. Neither can so great passions appear without great sense, which certainly this creature partakes of at a prodigious rate, and truly testifies the same from his heart, for even that hath vital motion five or six hours after its separation. The ignorant, to make it more strange, assign the Turtle three hearts :

hearts : But to undeceive, it's one Heart
 with two large Auricles, neither yet is
 the whole Turtle unfutable to his heart in
 retaining vital motion, it hath even grie-
 ved me to see the Calapee many hours af-
 ter its separation from head, heart, and
 other parts, after its cutting, salting, and
 peppering, sensibly move under the fiery
 trial of the Oven. My pen would refuse
 disclosing this necessary cruelty, did it not
 strangely testify the great vitality of this
 creature, and consequently the advantage
 the feeders thereon may well expect from
 converting it into themselves: Much more
 might be said concerning this nourishment,
 but yet the large shoal of various Fish re-
 quire some place in our paper. The Ma-
 natee or sea Cow must not be forgotten,
 though she more seldome visit us, to re-
 minde of her worth, yet when she doth
 she brings a feast with her as well as a
 good medicine for the afflicting Stone.
 Our English name of Cow doth much be-
 fit, for her nose and head most imitate the
 same; her pasture not fish, but grass of
 the sea or banks, with which the Bays and
 Creaks being well supplied, draw these
 creatures for their food sake to be taken:
 the Manatee hath yet somewhat remarka-
 ble,

able, for she doth not spawn as fish nor
 cast forth her Eggs as Turtle, but calves
 her young and suckles them from an ud-
 der with milk, the better to make good the
 name of Cow: our dairy wives are not yet
 so curious to experiment their Butter, and
 I fear never will, those Cows being scarce
 to be herded. The Jew fish crowds to
 be one of the first three of our most wor-
 thy Fish, and deserves by no means to be
 excluded, affording a most firm well re-
 lished flesh throughout his whole bulk, but
 a most eminently delicious head compa-
 ring with the curious Cods; his fat eyes and
 brains exercise the palate with an unu-
 sual taste of a most singular marrow, the
 whole skin is well moistned with such fat,
 and renders it most nourishing and restau-
 rative, without the usual hazard of surfeit-
 ing entailed thereon: It never affecting
 the stomach fulsomely, but dissolves into
 spermatick nourishment readily, our
Botargo Treasurer. The choice Mullet
 brings up the next division crowded with
 various Snappers, Rock fish, Stone bass,
 Cavallies, Groopers, Jacks, Grunts, Por-
 goes, old Wives, Tarpums, Spanish Mac-
 keril, Barrocoota, Gar fish, Grass fish,
 Mud fish, Cat fish, Silver fish, Pilchers,
 F Sprats

Sprat, Drummers, Parret fish, Dolphins, Place, Flounders, Bonetoes, Thornback, Stingraies, Murraies, Lobsters, Crawfish, Shrimps, sea Crabs, Eels, &c. with many others not yet named, though daily baptized in their own Element, or not remembered in so great a crowd : And now from so great a store it is no miracle that some thousands are daily fed on Port-Royal especially, as also else where neer the margin of this Island throughout. And moreover, which ought most thankfully to be remarked, as the Land of *Jamaica* scarce harbours any venomous troublers of our secure living, as the main Land throughout the *Indies* doth, so neither doth our neighbouring Seas or Rivers serve us with any poysoning Fish, as are found elsewhere about the *Bahama* Island & other parts, where its frequent to be strangely affected and meerly poisoned by eating some sort of fish and others at sometimes : Of which I have seen two Barmudians strangely and hazardously afflicted, but recovered by taking Orveitan. But *Jamaica* hath no fear from her more benign fish, wherefore we may boldly serve our selves from so great variety; the care remains, to restrain the appetite, better to preserve it quick and
thoroughly

thoroughly digesting, whereby the Stomach may greedily crave the afternoon Chocalata, and so easily imploying nature to a gradual full supply, chiefly to be compleated at the greater meal about seven of the Clock, where our Muttons, Veals, Lambs, Kids, variously ordered, may satiate our strongest dint of appetite, whereto adding our dunghil Fowl at choice, and wild Fowl, such as Ducks of diverse kinds, Teal, Plover, Snipes, Pigeons of various sorts, Turtle Doves, ground Doves, Parrats, Parreketocs, clucking Hens, Guinny Hens, Curlews, and if the Roman luxury were on foot, the Flemmingos Tongues; all which may sufficiently replenish and gratify our supping *Jamaica* Man, who, if at any time, may now take liberty to satiate nature but never over burthen her, but so that the daily and nights discharge may be well supplied without intrenching upon the main stock, which ought carefully to be handled, from one day to the other, and improved rather than lessened, so that he may without damage sometimes shift his thick blood by emissions, to the bettering of the whole mass, and fundamentally securing life and health. For it is plain matter of fact, that

they to whom such shiftings of the Tyrian dye Juice is natural, even they live-longest in *Jamaica* and freest from interruptions of their health by intemperatures and diseases; unto the consideration of which it is now time to descend in our next Chapter.

CHAP. 5.

Of the Intemperatures and Diseases

AS for Diseases usually found heret, they are far short of the long Beadrowl which infest our native Country: No small Pox or very rarely, saving sometimes brought from *Guinny* by Negroes, terrify or remark us; no Scurvy that almost universal contagion of our native Country is got here, or continued if brought; no depopulating Plague that ere I have heard of in the West *Indies*; Consumptions nothing

so frequent, and when, never so piningly
 tedious. As for Venereal Affects their symp-
 toms are all lessned, and their discharge
 more easy far than in colder climes : The
 chief danger lying in the too often neglect,
 and slighting the small Enemy , from
 whence the wise know how to take heed ;
 the affrighting Stone is a great stranger
 here, forasmuch as hopped Beer and French
 Wines are so likewise; the Green Sickness
 and accumulated evils flowing thence, the
 benign female moon in her direct approxi-
 mation rescues that whole sex remarkably
 from , as well as assists and facilitates
 births : So that scarcely is there room left
 for the old cry (*Lucina fer opem*) Births
 proving as brisk as all other Produces in
 the *Indies* do. But why should I thus mul-
 tiply our happy negation or absences of affli-
 cting evils, but the better to excite the thank-
 ful acknowledgement of Divine Good-
 ness in such deliverances, and that with
 so much the more courage and contented-
 ness we may sustain the maladies incident
 to us here when inflicted on us : for it is
 never to be thought that humane frailty
 may be excluded from any place since the
 loss of Paradise, and it is proverbially re-
 dicious to dream of that of the Fools :

Jamaica therefore as part of the *Indies* hath its endemical evils, and of such we are here to consider as well as of the general frailty of humane life, whereby our Houses of Clay, where ere they are seated, daily moulder into the dust, administering consideration to the prudence of the pensive man, and scarcely to be declined by any such : Especially since the Ancients have well calculated the contemplation of death to be the beginning of wisdom. For no one can rightly dole away his time or supply it with actions agreeable to wisdom, but who so reckons upon his small duration; neither can any one, who hath rightly calculated, be surprized with the terror of his *exit* : Let's therefore that we may be prepared for the worst, consider the number of our Enemies, their Nature, their manner of assault, with the reasons of all, in order to obviate or prevent, or else cure and relieve from, or lastly manfully to comply with the necessity of Fate when nothing else shall remain. As for the number of morbidick affections usually and chiefly infesting *Jamaica*, they are but few, and may well be reduced to the heads following, of which distinctly though with brevity futable to each ones apprehension and

and easy provision, it being my design not to multiply things far sought and dear bought, but to serve our selves as far as possible with easy and ready Remedies and those few, in imitation of my most wise and most honest Master *Hippocrates*, not complying with the corruption of his degenerated successors, who have sacrificed the honour of the noble science to base lucre, and have accordingly succeeded.

The first indisposition that usually meets the new Comer, is a *Diarrhæa* or Flux, a friendly rather than injurious motion of Nature, caused either by a new sort of Drink & Diet, which falls out in most places more or less, the which ceaseth without prejudice or any other remedy than a little time; or else the same may arise from rejoycing intemperance, too often welcoming the new arrivors, and may be accompanied with an ebullition of the fermented Juices boyling over to a convenient discharge of nature, the which by due abstinence may likewise cease: but if the same chance to stir up excrementitious accomplices and blend them with the blood, it may well hurry the whole into a chafing fret, marching the blood into the outrage of a febrifick Rant, if not discharged by the *Crisis* of a plentiful sweat,

which is the usual prevention as well as the natural termination of distempers proper to the warm place, and hitherto nature is the sole Physician and ever afterwards the truest Indicator to the sagacious, what ought to be done : but while she labours sometimes in vain, sometimes in an excited rage, she is gently to be reduced and assisted in her first regular motion by the artificial attendant, thus if the Flux continue, it indicates somewhat to be discharged as well as nature to be quieted and hushed into a repose, lest she spend her strength in vain and then expire for want of the same, which sometimes happen : Let therefore the Patient to answer the first intention, take a suitable quantity of Manna (for Manna is the most natural, most agreeable purge here of any) dissolve of the same ʒij or ʒij , in a pint of Posset drink or other vehicle ; after discharge thereby, at night let him take fifteen grains of torrefied Rhubarb in a poached Egg, repeat the like Rhubarb the next morning and as much at night in a *Bolus* of *Diascordium*, or if need be, before the same inject a Clyster of broth and *Diascordium*, to the intention of the observer, if heat encrease by this method, as sometimes it may happen,

happen , it indicates bleeding necessary,
 and the blood will prove very thick, and
 always and in all cases plentifully to be
 withdrawn; forasmuch as the Patient is less
 fainted thereby, the blood afterwards mo-
 ving more briskly and giving less pressure
 to the Chest. If so be the first two inten-
 tions, *viz.* the discharge of peccant mat-
 ter and quiet of enraged nature are not pro-
 perly and timely conciliated, further pro-
 gress of the Enemy requires further inten-
 tions of the Physician ; for nature strug-
 gles at length unto blood, and here the in-
 tentions may be quite contrary, directed
 from quite contrary causes, but both meet
 if well managed, at the same end : Thus
 two in a circle though they turn back to
 back and walk one from the other, may
 meet face to face at the same point, the
 Dysentery or bloody Flux (for thereof we
 are now to treat) may proceed either
 from a colliquation of humours, where all
 of them, through great heat either of mind
 extreamly agitating or of the body resol-
 ving through extraordinary ferments, be-
 come extravagantly thin and eager, boun-
 cing through the tender restraint of the
 vessels into an open flood ; or else the same
 may be effected through a sluggish thick-
 ness

ness of blood, whereby being too gross for our quick circulation, and forced by the sure intending motion, it breaks the due restraint of the vessels, and floods out by indirect waies, so much as by great loss to threaten danger, from both we may have the bloody Flux : Which ought to be cured by contrary means, *viz.* by reducing the blood to a due thickness in the first case and by rendring it more thin in the second. Whoso daringly or ignorantly runs through thick and thin at the same rate, using means to one or the other alike, must necessarily run a notorious risk, or else hath more luck than good cunning. As for the Case wherein the blood is too thin and eager, I shall need keep no Crowd of Remedies to confuse the chooser, but prescribe what nature freely offers in *Jamaica*, and that is *China* Root, whereof being somewhat dried and then grated into powder separated in a Searce, let him take a scruple, or as much as may ly on the point of a broad knife twice, for a Dose, let the same be taken in bed, and repeat the same if need be every six hours : And the blood and Juices thereby sweetned cease from their indirect irruptions. In the other case where the blood is thick let the Patient bleed

bleed and drink copiously of Ptisan or Bar-ly Water, till the symptoms cease by such a dilating course, and if the blood being thinned chance to be rendred sharp, and effect the Dysentery from a new cause, as sometimes it may be : Then take of China as before. To the which I shall add no more nor design any further, till I shall observe this fail. The white Flux as also the vain irritations of Nature called the needy, whereto oft provocations urge and give considerable disturbances, they are conciliated by the same Remedy ; and what is signably remarkable, no inconvenience of weakness or heat ensues such a stoppage, but sensibly strength springs thence as from a most proper restaurative, wherefore we may well pass from our Chapter of Fluxes to the next of Fevers.

CHAP. 6.

CHAP. 6.

Of the Fevers in Jamaica.

A Fever being the general door through which most in all places take their *exit* of this world, and the difference of Fevers affording a great variety thereof, hath employed in all ages and places different attempts of Remedy, for so universal a grievance, or at least of discourse towards so desirable an end. That I may not be wanting to common custome, or more especially in any good wishes and endeavours to obviate so common an Enemy, I'll subjoin the best of my thoughts with my successes and observations as well of the nature as cure of those conflagrations in humane Body, called Fevers. A Fever is a word of a Roman extract derived from the same Root as cause of its denomination, with the moneth styled *February*, wherein the Ancients using their expurgatory fires for expiating the lapsed, as well as for a further preparation for the
new

new years future benefit, both in form and intention design the same for the publick Weal, that Nature in each individual intends for humane preservation by the conflagration in humane body termed Fevers : The *genus* of which affects common to each species or kind of Fevers, is a non-natural heat, wherein all agree, of which therefore somewhat ought to be said. By non-natural is meant something necessary to the preservation of nature in her delinquent condition, though extraneous thereto and not of the nature thereof, and therefore called non-natural. Thus the Air, Eating and Drinking, Evacuations and Retentions, Labour and Rest, the Passions of the mind and Propagation of the species are called commonly the six non-naturals : Though congenial to and flowing from nature yet being extraneous from the physical Being of a man (for a man is none of those) they have hitherto been allowed the term of non-naturals : Thus a Fever is a heat non-natural, though it be nothing else than an heating struggling endeavour of nature her self to remove some grievance : Yet as this heat is more than nature requires for her daily management of her functions of life, such heat may be termed

termed non-natural : it is not contranatural, though nature thereby is sometimes overthrown and dissolved, nor yet preternatural, for it is not beside but with the intention of nature, nor yet natural, because nature in her integrity needs it not, but therefore non-natural, a Fever is a non-natural heat. Heat seems the active principle of the Universe, from which both particular and general motions are begun, or at least continued. The World is quickened by the central heat of the Sun, and the whole jollily dance about their warming Fire, to the solemn natural praises of the great Recidenciary, life beams it self thence : For *in him we live, move and have our being* ; the continuance of his Efflux maintains us in life, our *Calidum nativum*, or sacred Vestal Fire being fed thereby daily, and sometimes is surteited thereof by an inflaming disproportion, whereby our temperament not only *ad Pondus*, but that *ad Fustitiam* is fractured into morbidick Affects. Thus nature is enraged often by our abode too long in the Sun, and excites our *Ephemeris*, or the Fever of a daies time : For which there's no need of a Cure, the very nature of such a Fever terminating it self, if we substract the Patient

tient from the inflammatory cause. The first heat of nature in humane frame preparatory to the continuation of all her depending motions, is the digestive heat for chylickation in the Stomach, from the corruption or exasperating of which either from the slower ferments, or too much of the overflowing Gall, most Fevers are either continued or begun. Hence it hath been a common usage as well as successful to accost our Fevers at first with Emericks or Vomits, either sometimes to remove the sole cause of the feverish Intemperature (and the effect likewise causeth this sole Remedy) or else timely to substract occasional succours of additional heat, which though begun elsewhere would much be aggravated by vitiating Juices brought or found in this first elaboratory of decocting nature. Therefore such evacuation by vomiting never ought to be neglected by the careful attender, provided such be duly timed and proportionated both to the circumstances within and without, which being material may crowd themselves into our present remarks. As first where eminent signs of a *Plethora* or great fulness of blood exhibit themselves, then these cleansings by vomitings must give the first place to evacuation

evacuation by blood letting, lest the full vessels being too much urged by the contranatural motion of the Stomach in vomiting, suffocate at once; or else may be forced to an eruption in the more tender and fine parts, such as the Eyes, Lungs, &c. laying the unhappy foundation for an *Empyeron* in the first, or divers lasting weakneses in the latter. Wherefore evacuation by blood letting ought in such cases to preceed these from Emeticks. Moreover the sex is to be considered, the Female not wanting so much the evacuations, by bleeding especially, nor that by vomiting so generally, both which are almost necessary to the other sex, under the first irregular ferment, or non-natural heat in the Stomach, nature providing better for the one than the other Sex by her great discharges of turgent humours: besides the great commotions caused from wind in Emeticks or opening of a Vein, may in the Female prevent or corrupt natures own intentions, and raise the Devil of vapours not so soon laid again. Wherefore adverting is to be had, and that more cautious, concerning the more tender Sex sutable to their Nature, Time, Age and other circumstances. And now having thus added the

the necessary cautions not to be forgotten in our most general evacuations, we may more securely proceed thereto, and so much the rather, because malignity, of which there's great noise and solicitude in other parts of the World, hath no place here originally at least in Fevers, but sometimes added thereunto by the management of the attendant or Patient, who for want of discharge proper and timely of turgent humours; but exasperating such by an inflammatory usage, they may become little less, if not somewhat malignant. But our Air in *Jamaica* (of which oft refreshed the Patient ought partake) is our general external preservative from pestilential and malignant Fevers, wherefore I insist on the two general Remedies of bleeding and vomiting, as the most proper for our *Jamaica* Practicer, and most safe if duly timed. I know it hath been commonly received that about eight years since when the victorious Fleet returned from the signal *Panama* expedition, that then they brought with them an high if not pestilential Fever, of which many dyed throughout the Country: But this being a foreign distemper brought from abroad, the causes of which I could not so well judge, I am not as yet forced

from my opinion thereby, but conclude *Famaica* more happy than to be annoyed there with directly and originally, I confess if our Patient be not timely and sufficiently bled, and death ensue, spots from the thick blood stagnating appear: but that not from a malignant cause but fulness, for bleeding and cooling well timed, and thinning medications prove succesful; for the symptoms of malignity, such as great oppressions at heart, Fainting, cold Sweats, &c. are here acted from the usual thickness of the Blood, for the blood being thick and when by a feverish ferment whipped about with a brisk motion suitable to the moving causes, the thickned Juices not without difficulty pass the many straits of the Body, and sometimes stagnating by a plaguing force of the actuated blood suddenly kill, whereas when blood is duly withdrawn ere the ferment rise too high, and is so managed till it cease again, the symptoms of malignity either not appear or else are soon removed, relief always ensuing such evacuation if rightly timed: wherefore if the Practitioner be not ignorantly malignant there's no cause of terror in our *Famaica* Fevers: But the two imitating evacuations being established, we may descend to the particulars of our non-natural

ral heat, and begin from the intemperature
 in the first decoction of nature in the Sto-
 mach, which seeing it quickly draws its
 neighbours into association, the fermenta-
 tion is easily propagated further, or else
 soon ceaseth here by the sole Remedy of
 a Vomit ; but if not, this first evacuation
 sets us but the further in our direct way of
 obviating a greater Enemy : therefore
 scarce ever with safety ought it to be neg-
 lected or retarded. It's usual that the too
 slower ferment of the Stomach vellicates
 and thereby contracts that part, so that
 the neighbouring passage of the Gall called
 the Coleduct is moved upwards likewise,
 and from such motion the ductile Gall
 follows till it ascend the Stomach, from
 whence the former heat is aggravated and
 gives a sickness in that part, irritations to
 vomit, and pains in the head. Wherefore
 the former method of cure continues
 proper : however one emetick is not
 sometimes sufficient to discharge the
Cystis fellea, the nest of this flowing fer-
 ment; but such filling again, and overflow-
 ing as before, renew the feverish heat,
 hence most reasonably our usual Fevers
 are intermittent. Of the which since our
 discourse is now in their chief seat, and

such Fevers are the most frequent Enemies that annoy us, I must more particularly insist thereon, and shew that *Famulca* is as kind in a sufficient Remedy, as liable to this frequent intemperature. Five or six of our Fevers are of this kind and commonly called the every other daies Fever and Ague, which oftentimes is interrupted by medicaments or Methods, but if left alone, the management of nature proves no other than a safe Tertian, to the which the Natives are safely liable, it rarely killing any of them without the help of an irregular management. The great frequencies of these Agues may have two causes, the one the great quantity of Choler abounding here, the other a stop of the usual necessary discharge of such fermenting humour. That Choler abounds between the Tropicks is but reasonable as well as matter of fact for the inflaming Sun must needs kindle its like in its neereſt subjects, and propagate from the great fountain of heat the like into many Body: of which the Gall as central receiver in the lower Belly, receives and flows according to the communications of the supreme dispenser of heat and motion. For the Gall is not an excrement but a non fermenting extract calculated by nature

for the first motions towards a superior life in the delineations of the *fetus* first, and therein becomes though the lowest, yet the first tendency to humane life, which must deign to have the same with the plants, and inferior Beings, ere it ascend to a more perfected life consummated in the intelligent and rational creature, which though it towers so high at length, yet hath but the small beginning of a fermentative motion eminently seated in the Center of the overshadowing and preparing Liver, if not of the lower orb of the Belly: whereof the Navel being the Pole, guides us directly to this first central fermenting heat, treasured in the *Cystis fellea* where the yolked fire derived from the maternal Stock by the umbilical vessel kitchens her self for the service of the whole new to be raised structure of the anon to be hatched *fetus*.

From the which Choler seeing evident necessary fermentations have their beginnings, we shall likewise observe that the non-natural heat of a Tertian springs thence likewise, and our eyes must witness hereto, while we see the bilious ejections which do naturally arise or reasonably are enforced by vomitings, under such affects; which when but removed or contempered, the

feverish heat and bilious fermentations cease, wherefore herein lies the proper cure of those Tertians or the every other daies Ague or Fever. To compleat which and render the returns of the fit more reasonable and apparent, we must add the constipation of the skin or the shutting the Pores caused either from external sudden cold; or internal rage of allarmed Nature, who while assembled relieves inward, leaving the outgard of the porous skin more shut because more cold, and less of the retiring heat remaining there. Thus the usual ports of the skin denying passage to the constant profuse discharge in those hot Countries, absolutely necessary, by the habit of the Body; the same condense and thence become slower, then chill the extrem parts, and cause the shaking or cold fit, enough to awaken nature to a relief and cause whatso follows in the hot combat or struggle in the casting forth the disturbing forreigner, wherein the inflaming ferment of choler having its chief part to act, exasperates the heat too high, till it threaten the conflagration of the whole and the attending symptoms necessary thereto, in which rage to add good inflaming Cordials, is to make nature desperate

sperate and thereby sometimes to work
 extraordinary for her relief, but more of-
 ten becomes a sacrifice to the mistake and
 folly of the flattering administer, who
 comforts himself and the paying friends of
 the deceased, that he had the richest Cor-
 dial's imaginable : thus men pay for their
 mischiefs and love to have it so be, because
 they know no better. Whereas nature
 will never be forced but led, and her tru-
 est Secretary and neer Counsellor, the
 great *Hippocrates*, who saved more lives
 than any one ere since, knew nothing of
 these inflammatory Medicaments. The cor-
 ruption of simplicity and confused igno-
 rance hath raised these Spirits since to car-
 ry the afflicted more speedily in fiery
 Chariots, God knows where : for my
 part I never add coals to the fire, but re-
 move the fewel, and calm nature to a com-
 pose and regular discharge of the morbi-
 fick matter, without straining her or run-
 ning unnecessary risks. For my great Ma-
 ster tells me, Nature is the curer of all her
 diseases, the Physitian is but the observing
 Minister to suggest her necessities and re-
 move impediments, the which now re-
 mains, and that therein I manifest the same
 simplicity that nature delights in, and

thereby is relieved, as whoſo tries will find the benefit of eaſie relief and ſafety, in the attempt thereto complying with the three happy adverbs of the divine *Hippocrates*, viz. that the Phyſician ought to cure *quickly*, *ſafely*, and *pleaſantly*; without demurrs, to magnifie the cure and inflame the Reckonings; without happy-be-lucky ventures, where mans life lies at pawn; or torturing nauſeouſneſs, to add affliction to the afflicted. Wherefore ſince the intention of our preſent Fever, and it may be of moſt others, is the diſcharge of the firſt turgent monitor from the Stomach, and adjacent parts by vomiting as is ſaid before and the contemperating of the incited or enraged non-natural Heat; let the Patient upon the diſcovery of the aſſaulting Enemy watch a Pacate, and timely three hours before his Fit take either of the vomiting Wine, which is no other than *Crocus Metallorum* powdered (the quantity whereof matters little) ſuppoſe half an ounce more or leſs in one quart of Wine, ſet the ſame in a Skillet or Pot of warm water, wherein let it ſtand two hours, then remove the ſame infuſion and keep for uſe, pouring off the ſame cleer when occaſion offers, whereof one ounce, or half as much more may ſerve

serve for a Dose, or if this easie Remedy
 be wanting (which ought not to be in a
 Plantation) let him take from five to nine
 of our vomitive Nuts, which agree well
 in all flegmatick temperaments, or of our
 Sea Onions whereof is plenty here, pre-
 pared by Vinegar for the use above. By
 the which cleansing the Guts and Stomach,
 ere the access of the feverish assault, a fit
 season is prepared for our most general of a
 vegetable (if not of all others) sudorifick or
 febrifuge Sweater, which the benign *Fa-*
maica affords most plentifully and ready at
 hand, *viz.* China Root, take and grate
 the same when first dry, searce the fine
 powder thereof, and thereof take about
 ʒi, or the quantity that two points of a
 broad knife will take up, there's no pre-
 judice as ere I found in the access of so be-
 nign a simple compose in Bed to a sweat,
 which soon without exasperating heat or
 force ensues, and if need be more plenti-
 ful to discharge by sweating, repeat the like
 three hours after, adding for a better sup-
 ply of inoffensive and agreeable moisture
 of the Decoction, for which of the same
 Root may be taken about ʒiiij, sliced into
 two quarts of water being boyled as we
 usually do Tea. To afford after half an
 hours

hours decoction an agreeable Tincture of of the said China, the which when poured on Sugar to a grateful sweetness, or without that sweet addition, makes a most ready and proper drink for the thirsting Sweater, whereof the Patient may drink most freely to discharge more plentifully and without faintness by sweating, and at any other times if he fear by previous symptoms a returning Fit, let him always at such notices betake to his Bed, and take of the powder as before with the same drink, and by Gods usual help I have hitherto seen and felt the desired successes. Wherefore there needs no further care for elaborated Medicaments and Methods, *Frustra fit per plura quod fieri potest per pauciora*, neither need I add the rational where matter of fact approves its self: only to satisfy the inquirer, I must say our Root sweetens as I suppose the enraged ferment either of the Stomach or Gall: Thence Nature being pacate easily flings out by sweat the disposed morbidick matter, sets open the dores for the fugitives, and thereby answers the true intentions in feverish ebullitions, which being come to an happy end of designing Nature, cease by so simple so easie a Remedy, thus the greater

ter half of our Patients in *Jamaica* may be provided for without trouble, cost or nau-
 seousness. And moreover this happy Re-
 medy answers not only the Indications of
 a Tertian, but of a continued, nay of the
 most obstinate quartane Fever also. But I
 need not distinguish of Fevers or at least
 pursue such distinctions with distinct
 Cures, for though I have not experienced
 as yet in Quartans as much as in Tertians,
 nor ever may; yet so much as I have, which
 hath been in some and in all I have met
 with since my happy usage of China, as
 above, I have found the safe discharge both
 of Continued and Quartans by the same
 Simple: therefore I shall conclude though
 empirically yet beneficially for the Pub-
 lick, for the which I write, and not further
 multiply under this Head, but refer the
 users to the abovesaid, who may be content
 with no further trouble. For to confess
 the truth where ere the Practicer heaps a
 multiplicity of Remedies, it declares his
 own suspicion of the desired effect, and ig-
 norance what will answer his intention, or
 insufficiency in what he uses or else a mer-
 cenary compliance with custom. Wherefore
 as Nature is the infallible curer of every
 distemper, and she by how much the more
 simple

simple, the less must be opposite and quer-
 relsome : Whatso of Remedy comes neer-
 est to nature must needs be most proper
 and less liable to hazards (and it is no little
 vertue among the crowd of Practitioners
 to do no hurt) therefore most natural re-
 medies seem first to be desired as most safe,
 most pleasant and benign, such as our a-
 greeable China, so then we need not won-
 der, this Root among the wise Chineses,
 from whence it took its name, hath
 been in great esteem and valued at a good
 price, though when it's transported thence
 it scarce answers its so great fame; for to
 make it the better transportable, they be-
 reave it much of its vertue, and serve us in
Europe with little better than rotten wood.
 Whence of late its price hath sunk with its
 demand, whereas in *Jamaica* this happy
 Root being repleat with its salutiferous
 Tincture, which gives its weight and in-
 trinsick worth, outdoes its common fame
 and any vegetable that ere I have met with,
 nay what the cracking Chymist brags of
 his *Elixir*, this while in its vigour, truly
 performs. But whether in the northern
 Climes it may answer what it performs
 in its native place, where the Pores are o-
 penly disposed to sweats, I cannot assert,
 but

but judge it worth probation , and wish
its success there as I have found it here.

CHAP. 7.

Of the Dropsie called the Coun- try Disease.

I having after my manner dispatched
the discourse and cure of the Fevers
in *Jamaica*, come to the next ensuing epi-
demick, called the Dropsie or Country Dis-
ease, to which many Servants and neglect-
ed persons especially are obnoxious, and
for want of timely assistances come short
home, for their sakes therefore as well as
their masters, I shall omit nothing healing-
ly to obviate so common an enemy, ren-
dering it both easie and cheap through the
overflowing bounty of the great healer of
us all, who hath given a balm for every
Sore, and that not to be far sought and
dear bought, but neer at hand, were our
eyes

eyes opened like *Hagars* to see the thirsted for Remedy. A Dropsie is a disease hath made a great noise in the contending parties, an argument of its being less known, nay *Helmont* is so bold as to tax the whole Schools with the ignorance thereof, and although he was happy in a Remedy to cure the same, which is the true end of the knowledge of a Disease; yet with his good leave, he himself might perhaps run into as unlike conjectures about the causes as those he severely reproves. The Schools have assigned three sorts of Dropsies, viz. an *Anasarca*, *Ascitis* and the Tympany. The first is water betwixt the skin and that generally throughout the Body and neer the same with a *Leuco-Plegmatia*, the second named *Ascitis* being the most proper Dropsie as appearing in Belly and Legs, the third is called Tympany from the great Tension of the skin like to a Drum, the most rare though the most cruel and afflictive, all which seem little less than distinction of degrees of one and the same disease, or at least I will take leave to suppose them so, having reason therefore in my cure thereof. *Helmont* will by no means allow the Schools to be just in taking the Liver as the chief part male affected

fected in these distempers, and indeed not
 without great shew of good reason, for I
 thought with my self, saies he, to what end
 hath there been Anatomy in the World for
 two thousand years, if there be not in this
 day a more succesful cure of the Dropsie
 than in times past, for wherefore are we
 the Butchers of dead Carcases, if we do
 not learn thereby the errors of the Antient.
 The same Author therefore having inspect-
 ed the many Carcases of dropical persons,
 of whom he makes distinct mention, asserts
 the Livers of them all all no way vitiated,
 and therefore concludes the Liver faultless
 in dropical Affects, of which I am further
 satisfied by the nature of the Cure of such
 distempers, of which anon : However I
 can neither allow the opinion of the more
 happy *Helmont* concerning his hard word
Latex, and the wrothful Governour there-
 of, the Kidneys, whence in short he de-
 rives the cause of a Dropsie, the which
 for want of my well understanding I be-
 take my self to a more evident description
 thereof agreeable to its frequency in the
 hottest *Indies*, premising the usual times
 of our Dropsies to be after Fluxes, Fe-
 vers and other disturbances, whereby the
 discharge through the habit of the body is
 lessned

lesned and interrupted, hence whats usually carried off by sweating and a more silent daily breathing through the whole skin, rebounds inwards thence condense into an ichorous Water, thence aggravates more and more the first cause through encreased weakneses and hindrances of the necessary transpiration, the which according to the *Statica Medicina* is demonstrated to be very considerable, it being some pounds weight. And when that in part or in whole shall be retained, some time, such as the Dropsies usually take to come to their height, may well accumulate the greatest quantities of Water treasured up for the destruction of the Patient, that ere we may have seen or heard of, not but that such stagnating Waters in time may work further alterations likewise on the subjected parts and *Viscera*, the which then to see effected, may afford no wonder, nor yet insinuate the reason of the first Waters from the weakness of the Liver, Reins, &c. as usually is taught and received for a truth, but rather from a more evident cause, *viz.* the constipation of the porous Skin impeding transpirations and more copious sweatings, according whereto I institute the reason of the Cure

of

of Dropsies, which matter of fact hath convinced to me from bare external unctions, although from greater security to the cure, I add or rather premise a Vomit of *Mercurius vite* or of our physick Nuts, but oft cure without and perhaps as well, the unction sufficiently answering the intention of this Disease of the Dropsie.

There grows almost every where in moist and boggyish places, a large and remarkable plant called generally the dumb Cane, and that not improperly. For it simulates in its large and high joynted Stalk that of a Sugar Cane, and scarce of it self without its leaf by the eye to be distinguished there from, though it gives a deeper verdure than usually the sweet Cane doth, and besides the leaf of this is much other than the flag of the Sugar Cane, most representing a water Plantain leaf though much longer. The Epithet of dumb is remarkably added thereto, for as much as whoso toucheth it with his Tongue becomes dumb and unable to speak for two or three hours: But then without any prejudice the part returns to its former use and volubility. Therefore it appears to be no poyson, however I administer it not inwardly as yet, but content my self with

the sufficient outward application in the manner following.

I take of the juicy Cane, and beat it in a mortar into a kind of a Past, then add thereto a double quantity of Hogs Grease or rather Turtle Fat or Snakes fat, the which having agitated strongly together, I suffer it to rest some daies, then beat it well again and keep for use. Observing that the longer it be kept it better answers our intention. But then it must be heated in the Mortar ever and anon, and well beaten, lest it vivify into worms, further to prevent which, as also to render the Oyntment more fine, safe and agreeable: Take of the Mass beaten in the fats as before and well heated; then strein the same through a course strong Towel forcibly, which boil up to due consistency and keep for use, which is thus.

Take of this Ointment and chafe it warm into the swollen parts, and if need be apply the former gross Unguent or mixture by way of a Cataplasim to the *Scrotum*, which part usually bears a great share of the Disease. Such effect hath this Oyntment on the Patient as to discharge the watery Tumour through the skin, which though *Helmont* would fain have carried another

way,

way; yet seems better, if possible which he questions, through the habit of the Body : Such a like discharge the Herb Verbene, of which great store is to be found in *Jamaica* as well as elsewhere, effecteth on the stagnating blood in the Pleurisy. For apply a Cataplasim of that Plant warm to the side affected and it relieves from that grievance through a discharge by the skin, of the afflicting blood; the remarks whereof appear on the Cataplasim when removed, wherefore when Nature can and doth discharge the neereſt way, what need we go further about. The reason why and how this dumb Cane affects the Tongue, may be the same for its desired way of discharging by the Pores to the curing of the Dropſie, for that which renders the Tongue as beforeſaid upon the touch of the dumb Cane, is its power of drawing ſuch plenty of moiſture into the porous Parts as to ſtrut the veſſels, whereby the whole tongue is rendered immoveable, till gradually ſuch crowded moiſture be diſcharged, which done, the Tongue returns to its former ſtate without injury thereto. Likewise this ſame Cane effecteth the like on the ſwollen parts, whereto the Ointment is applyed by an eaſie and kind diſcharge of the ſwelling *Ichor*,

and at the same time opening the Pores^s for the prevention of a further accumulation or return of the Disease, which I make from the cure to be originally but a cutaneous disease, arising from the constipation of the skin, which prohibiting due transpiration, thereby the swelling is formed and continued in the cutaneous parts and neighbourhood thereof, especially those that are depending, as the belly *Scrotum* and the Legs, which parts may, well be weakened by want of due exercise in daily transpirations. And therefore though the discharged matter be removed, and thereby for a time the disease in its appearance vanish, yet to confirm the same and render it a continual cure, it may be necessary, especially in persons more elderly to use warm Baths made of the aforesaid dumb Cane decocted, into the which it may be agreeable to descend at Evening before bed time, and there to continue not to faintness or sweating but a due warmth, after which frications may have their proper use and great benefit. Further it may be convenient to change the first Bath for another, wherein *Savanna* Weed or Spiknard, as some call the same being decocted make a fragrant and balsa

mick Bath to strengthen the cutaneous Fibres, and restore their true tone for their better service of the offices of nature, especially the necessarily daily plentiful transpirations which are absolutely necessary to health in *Jamaica* and such like places.

CHAP. 8.

Of Worms.

FROM the great moisture of the Air, before suggested, conjoyned with its quickning animating heat, it's no wonder to observe a frequent generation of Worms, either in the Stomach and Guts most usually or in other parts, oftentimes to the great interruption of Health by various annoying symptoms, chiefly and with most hazard accosting the Infant, as the moistest state, as also the more grown among the Female Sex, or the debilitated among the Males far oftner than is suspected; from whence irregular Fevers and

Loosness, Convulsions, dejections of Appetite, Nauseousness, Vomitings, &c. usually ensue. Wherefore I scruple not, though among my few heads of disaffections, to assign a particular Chapter thereto. Active Nature being never at rest is at all moments and in all things hatching of life, though variously more or less perfect according to the various occurrences of Matter, Motion, and seminal Dispositions. Every creature living whether Animal or Vegetable, have their lesser and different troops of Worms, Mites, Flies, and other products arising from the heat and corrupting seminal Particles. Neither is Man freed from such offensive nuisances, but often lowred to the very dust from such little intestine Enemies: especially the weaker state of man, Infancy or childhood, whose ferment or digestive heat being not sufficiently master of their great moisture, suffer such like generations to the hazard of the harbouring structure. This evil of Worms is universal throughout all places and climes more or less, but more especially to be remarked and savingly obviated in all hot and moist places, such as *Famaica*, where from their Diet and Water as well as the place Worms
are

are found most frequent and injurious. As for the Diet, Bread being not so frequent especially in remoter places of the Island, for there most supply themselves with sweet Potatoes, and a fruity kind of bread, which gives sufficient matter to this intruding Vermine, and our water being commonly haunted with Muskeetoës, a small sort of fly which prodigally sprinkle their Eggs every where, though scarcely perceptible, yet in a weak Stomach may well be hatched into offensive small Stomach Worms, and act the tragical symptoms thereto. Wherefore it seems reasonable if not necessary, to provide for and fortifie against those inbred disturbers of our more perfect health: And when by usual symptoms such may be suspected, we ought most speedily to labour there casting forth by proper Remedies, and such almost all bitter things are found to be as well as those which partake of the irradiations of Mercury or Quicksilver. From which two Topicks we cannot want a choice of effectual Remedies, and forasmuch as Children the chief subjects of Worms and wormy Slime, are not easily induced to admit bitter tasted Remedies inward, it concerns to contrive otherwise to answer our

H 4

intention,

intention. Besides the Place or Residence of the offenders is to be considered, viz. whether such be the Stomach or Bowels, if the Bowels, whether the most external as the *Rectum*, or more internal as the *Colon*, or *Ilia*, or *Jejunum*. And according to the different seat of such internal scandals or offensives of life, we differently level our Remedies and manner of cure. If the Stomach be the residence thereof, Sicknes and gripings in that part, especially at times most remote from eating, sudden qualms and incitations to vomiting, pains in the head, disturbed rest, stinking breath, &c. may discover the same, and then a Vomit, about an hour after having well eaten may be the most proper thereto. But if the seat of the Vermin be lower in the jejune or hungry gut, a fit place to nourish these milk suckers to the deprivation of the whole Body from its due supplies, of which likewise the craving vermin being quickly cheated by the numerous sucking Chyle vessels found there, are rendred more restless, and thereby become more easily felt by the observing Patient. However vomitings do not there usually ensue, but rather acute gripes on the sudden afflicting and thence skreeks;

for

for the greater worms being bred here for their room sake, as well as the most supply of milky juice, while they follow their quickly withdrawn milk unto the orifices of the sucking vessels, may well knip the tender Fibres thereof, and cause sudden twitches oft complained of, to dislodge these notorious offenders, though sometimes by forcible vomiting (whereby the mouth of the Ventricle through weakness or otherwise may be relaxed) they accidentally may be pumped upwards. As in such cases which happen now and then where large worms are cast forth by vomitings, yet such are not natives of the Stomach, but as is said before of the *Fejunum* or other next productive guts, wherefore the most proper conveyance for them is downwards by the force of aloetick or Mercurial Medicaments: And forasmuch as the passage is tedious for such slow marchers as worms are, there are requisite repetitions of the protruding medicaments at least for three daies together, sometimes six they ought be stimulated to their *exit* by such appropriated Goads. And further to render the whole Region of the Bowels, an uneasy residence to such unwelcome guests an external plaister of our Aloes or Sempervive,

Sempervive inspirated to a due softness, which then sticks well to the Navel, is never to be omitted; and further to specificate the same, powder of formerly ejected worms may be sprinkled therewith as most effectual to our purpose, especially for Children, who often will admit no internal. But for such who may or will be perswaded to take in a bitter sup of the juice of the Sempervive simple, or sweetned into a dulcamare Syrup, with the aforesaid plaister applied to the Navel ; they may need no further, provided such be monthly repeated, nay those who through daily usage of Sempervive juice in a draught of water, have rendred the same agreeable to their palates, as some have done this as well as Wormwood Wine in *England* : such Children or more elderly persons have had the most florid and healthy complexions of any in the *Indies*, as being thereby well secured against worms and ill effects thence arising. Besides not only those worms of the Guts but of the Stomach likewise, and the small lesser worms of all stabling in the *Rectum*, called *Ascarides*, who cluster themselves in the sink of the Body or fundament, may be removed by internally received Sempervive and external applications

cations of the same bitter enemies in Baths and Injections, so then seeing Nature hath provided us so plentifully with sufficient Remedies against so common an Enemy, it's our own fault if we suffer for the want of the benefit thereof. However since some will spare the Child for his crying, and comply with the refusal of a bitter and unpleasant Remedy, we must set down an insipid though effectual one calculated to deceive the obstinacy of ill commanded Children, and such Medicaments are those which partake of Mercurial Irradiation destructive to worms where ere they are. And now I am fallen on a consideration which gives me as much wonder as any in Nature, and yet matter of fact enforceth it upon us, *viz.* the strange operation or the way how all mercurial Bodies, such as all Metals are, operate with a kind of divinity, powerful and yet without diminution of their Force and Virtue. Thus the common emetick Wine may always be supplied from the same undiminished *Crocus Metallorum*: Thus likewise the Antimonial Cup communicates its vomitive quality to its contained Liquor remaining the same in weight and operation, though years and ages made use of. And thus
our

our common Quicksilver, if boiled an hour or two in fair water, renders the whole without communication of scent or taste or least imaginable loss of parts of the said Mercury, a certain destroyer of worms in humane body, nay common Quicksilver is enemy to worms where ere it be placed. Hence it's received that if the same be placed any where, as among Corn, &c. where worms most frequently are generated, it defends the same there from. The why and wherefore I dare not undertake to determine, *Helmont* solves it by an Irradiation, supposing Metals according to their names to be no less than earthen Luminaries, Gold as supream and most perfect obtains the name of the Sun, Silver that of the Moon, Tin is remarked with the sign of *Jupiter*, Iron with *Mars* his note, Copper is signalized by *Venus*, and Lead they give *Saturn's* Character, and our Quicksilver is commonly known by the name of Mercury, which most certainly appears to lose nothing though it be made use of ten thousand times effectually to the killing of worms; which is after this manner: Take one ounce or two of Quicksilver (for the quantity varies nothing) boyl the same in two quarts of water

ter in a glass vessel or Bottle, pour off the water, the Quicksilver in its full weight remains at bottom, use the insipid Water not discernible, as boyled, by the most peevish palate of Children from their usual drink of water, wherefore they drink freely thereof. The proper times for the same is going to bed or in the night, three nights afore and as many after the full Moon. But since this Water may only kill the worms and not bring such away, if the Child have not a loose belly (which commonly they have) a dissolution of Manna $\text{℥}\beta$, in their Chocalata may secure all by carrying forth the skinny slough and remains, which might otherwise injure health, such looseness at the time or from the cause of worms killing many Children indicates what ought to be done. And indeed Manna used instead of Sugar in their Chocalata is a most agreeable and proper purge in such cases, but lest the looseness like a wheel set a turning continue too long, though the moving hand be suspended, let our Child so accosted lest he be too much weakned, take of our true Sweetner of our Juices and benign quieter of nature, viz. of *China* Root powdered as much as lies on a knife point with or without as much

much Sugar to carry it more easie down the Throat, after which washing the mouth with any Liquor, let the Child or other person be kept warm that night, and the loosness diminisheth if not quite ceaseth. Thus the poor and every one may easily and safely at all times be provided against the general affliction arising from Worms and the most eminently in hot and moist Countries, as *Jamaica* is.

CHAP. 9.

Of Venereal Affects.

IT may appear reasonable to whoso reads this and the other Chap. that this follows the former of Worms, and surely venereal affects in the West *Indies*, may well challenge a particular animadversion, affording considerable intimations to all other parts where those unhappy plants have taken root. Neither may it be improper to enquire into the first Soyl of this scourge

scourge of transgressing humanity, to know
 whence it sprung, so that by searching the
 originals thereof we may better eradi-
 cate its foul offspring. The first open-
 ing of this *Pandoras* Box, at least in the Eu-
 ropean parts, was at the Siege of *Na-
 ples*, where the Spaniards returning from
 their new found World, brought with
 them as great a rarity, this new found
 distemper. Thus they severely paid for
 their treacherous lavishing the Indian
 Blood, and the sale of their own Faith and
 Humanity : among others they brought
 this foul return of a Pox to themselves.
 And had they still engrossed it to themselves
 without any participation thereof to their
 Neighbours, as they have laboured to do
 their acquests in the *Indies*, *Europe* might
 well have thanked them for so great a be-
 nefit of their reserved Temper, but alas !
 a Spaniard is too free of his Flesh to be
 confined within his own Nation, (but like
 a plaguy person as they say) crowds to in-
 fect others with no other than the pitiful
 excuse of the old ditty *Solamen miseris* ,
 &c. and miserable comforters are such
 all, especially while the anguish of this *Ne-
 mesis* whippings makes them feel to the
 purpose, while the intestine enemy approa-
 ches

ches the very bone, and there by violent intrusion separates the sensible *Periostium*. What memory of the itching cause can administer any softning relief, but rather aggravate the inflamed spirit under the sense of so foolish a barter, parting with the golden State of Health and Ease for so babbling a looking-Glass of their own misery? But this Itch in spite of Morals will be catching, and the beginning natural pleasure will often urge the smartful end, especially in the precipitant Youth, who scarcely sufficiently dread the Fire till they have been savingly burnt. Thus some are saved in a natural sense but so as by fire, and there are those who dread not a Purgatory so they may get to Heaven, but me thinks it were more desirable to need no such trying difficulties. Take away the cause and the effect will cease, fire burns not where fuell disposeth not to conflagration, let the Spaniard enjoy with their rich Metals their fiery *Vulcanoes*, both as the entailed results of their American Conquests. But seeing success hath placed the English there likewise, that we may separate the pure from the impure, the Gold from its dross, enjoy the West *Indies* without its native disease

disease, is worth more pains and skill than I under this Topick can well afford to lavish. However, that I may not be altogether wanting herein, I may presume to subjoyn an observation with my conjectures thereon concerning Venereal affects, and add for the service of the remote and such as are destitute of help and remedies, such easie and natural ones as are grounded on the reason of the disease and experiment thereon and ready at hand for the most needy sinner conjoyning an Empirical and rational cure of the present disease in one method of relief. I find the old sower stocks of Venereal affects most plentiful among the animal Indians, and the cursed posterity of the naked *Cham*. The first in the large Tracts of the American, the latter in the African deserts, both which quarters of the world bring forth the monstrous Yaws as a proper Stock to engraft a new cion of Disease, and that too too fruitful in the Apples of *Sodom* and the bitter Fruits of *Gonorrhœa*, of which the Europeans to their great costs have tasted under the new dished affect, called first the Neapolitan, and then the French Disease; whose original being first the Yaws, reduceth my discourse thither. The Yaws therefore, to describe if not de-

fine the same, is a seminal taint monstrously corrupting first the spermatick parts with a cold indigested putridness, branching out oft in the Groin and obscene parts, oft infecting the Mouth and Throat and parts neer the origination of the Nerves with a filthy eating crusty Scab, which needs sharp metalline corrosives to cleanse, which serves but for a time neither. For usually yearly or oftner at the cleansing times of burthened nature it returns as before. Mercurial Medicaments have chiefly been made use of for its internal discharge, and such the same as our filthy Pox requires, the Infants oft bring it into the World with them, and are the cheif subjects of its more easie invasion, indicating the taint of their spermatick original. And now I am left in a wood to find the first cause of this afflicting Enemy of Mankind, whence it sprang or whence deduced, and by ranging to and fro I meet with strange monstrous mixtures of Animal Shapes, more than ordinarily imitating the actions as well as the shapes of mankind, varying sometimes under the larger size of Baboons and Drills, as on the *Virginia* Tracts, sometimes under that of Monkeys and Pongoes, as in *Africa*, the Native *Negroes* Seat,

or less under the *Malmaset*, as among the Indians of the more southern Main of *America*. All which at first sight bespeak too neer alliance with the Lords of the creation by some unhappy jumble of the rational with the brutal Nature, a sin against the principles of our Being, therefore significantly punished as well as naturally inflicted in the polluted Yawes. It was not without tacitly instructing Wisdom that Linsiwoolfy was forbidden by the Law of *Moses*, and the same did well prohibit the Jews sowing their Field with two sorts of Seed, and God condemned him that lay with a beast to dye, not only out of absolute sovereignty, but paternal care of his Creations good, all which tide of Nature and goodness who so dares boldly stem, must needs reap the fruit of his degeneracy and sordid madness in a sutable plague of morbidick Pollutions, the Disease indicating its cause in its punishment as well as natural produce. For when the rich Oar of humane Seminals shall wickedly wantonly be sucked in by a vastly unsuitable *Matrix*, to say no worse, it must necessarily suffer egregious corruption, and not only bring forth an anomalous Breed, but convey an afflicting Taint into the spermatick

matick vessels of the more noble unlading Animal, who having discharged his own rich Treasure designed by nature and just rule of commutation for as rich a Cabinet, receives necessarily into the porous vacated Tube the polluted Emergencies of the brutal nature. The which how well they must necessarily agree in the internal frame of humanity, let's consider by viewing mishapen Satyrs, how devillishly loathsome it is to behold a cloven foot under an erected shape, and what filthy excrescency shews a beastly superadded tail, where an humane front bespeaks a divine Majesty. As horrid a discord must needs be found in the ill blended humours within, when brutal communications in seminals jangle Nature into a confused medly, what less than unheard of corruptions do necessarily emerge? Therefore loathsome to every sense and much more to the rational being, whose advantage lies in truly adjusting Agents with Patients, whereby his overruling wisdom out-doth the whole Creation, made the *decorum* of submitting obedience, wherefore he rightly becomes the Lord and Ruler thereof. Whereas should he descend to an unfutable communication, and such but generally obtain, he must quickly

quickly quit his Royalty, if not to the beastly herd it self, yet to whoſo retains entire Humanity. Hence the Black may well become naturally Slaves, and the vaſt Territories of the Indians be eaſily invaded and kept in ſubjection by inconfiderable force of the Spaniſh Tyranny. And even thoſe Conquerours through mixture with theſe animal People, reap their infirmity of Body and Mind, and now lay them open to a newer and more hopeful conqueſt; of which it's no place for me to treat ſaving lightly to point at Natures diſpoſition thereto and to warn the intending Conquerours to eſcape the ſame degenerating Pit of naturally neceſſary deſtruction. But forasmuch as it is too late for our preſent afflicted to prevent an incumbent evil, I muſt needs adminiſter ſome relief to the Yaws ere we proceed further: and here to be more regular I adviſe the cleaning of the firſt ways as to Stomach, Guts, &c. by a Vomit either of infuſion of *Crocus Metallorum* or elſe *Mercurius vita gra. iij*, or elſe if neither be preſent, of our Phyſick Nuts from five to nine, the next day ſix ordinary Pills of our native Aloes, to carry off the remainder (if any) of the Vomit or moved humours. Interpoſe one or two

daies rest, and repeat the like Vomit, and
 succeedingly purge two daies more, and so a
 third time: in the most radicated and pollu-
 ting Yaws, rest three daies and take away
 blood, if it be very thin and waterish the
 less, if thick ʒvii , after which at night, and
 so successively dress the Yawe Sore with
 this Unguent, take Verdigrease, put the
 same into a crucible or strong earthen Pot,
 which place in a hot fire for four or five
 hours, even until all the greenness of the
 Verdigrease disappear through the dis-
 charge of ist corroding vinegar drove a-
 way by the fire, and there remain a fine
Calx of Copper, which put into a Crucible
 or earthen Pot with its equal proportion
 of Sea Salt, grinding them well into
 fine powder, which Powder is to be ur-
 ged by the fire strongly for two hours, and
 after remove the same and grind it being
 reduced into a lump, expose the said Pow-
 der in an earthen Pot to the night Air,
 afterwards with its double quantity of the
 fat of Snakes, mix it well into an oint-
 ment, which keep for use; which may
 be thus, anoint the external Sores till heal-
 ed; and lest such should return, use to
 purge them with Aloes every full Moon.
 But lest Aloes through much usage may
 cause

cause evacuations of Blood, it may be taken in the Liquor of a Water Million, which notice may serve in general in the use of Aloes or Aloetick Medicaments. To give an account why I alter the Verdigrease from its Vinegar, which makes it verd or green; and mix the same rather with Sea Salt, is because Sea Salt is far more penetrating, and opening both the Body of the Copper and that of the Yawy Patients, which thereby is more balsamically tinctured to the casting forth of the filthy Enemy, which reason when once I had secured by experience I could not but comply with. And hitherto of the stock of our engrafted Neopolitan Disease. I must now pass to the unhappy cion finished in the Pox. Unhappy Planters who first introduced it, and more unhappy who meet not with a cure! Such as in the generality are the polluted Spaniards throughout all their new Conquests greatly as well as justly infested with this intestine Enemy. The which we cannot but follow, the better to chase it away from our neighbourhood, for even that contaminates with disposing inclinations and renders'neerest friendship too hazardous. It were needless to describe this disease, or to concern

my self in this paper with the so often treated on subject, did not something offer it self new from what I have yet, with which rendring the distemper known and therefore a Cure more certain and readily from the original of the Affect, *viz.* the Yaws produced as before said from the unnatural mixture of humane with brutal seed. So our Pox is nothing else in its first rise than a further ingrediency of the European *viz.* the aforesaid corrupted seminals in the Blacks and Indians from whence it may well be propagated under the present appearance of the Pox, the which in its beginning being manifest in a virulent *Gonorrhæa*, leads me first to consider thereof and that differently from any thing yet remarked as I know of on that subject, which accidentally suggested it self from observations here made, while to my amazement such running discharge manifested it self, what it might be, by presenting to the the sight large living white Maggots or Worms. The which appearance streight put me on new thoughts, *viz.* that the Taint of corrupted seminal Particles or a corrupted odour, for such oft is a sufficient original of a *Gonorrhæa*, from and in seminal vessels, may very easily produce worms,

and

and such by encreasing and swelling into bigness cause erection and streitning the *Frænum*, and render the Urine obstructed and *guttatim* discharged, and when such Animals grow too large for the narrow Continent, they must needs burst and afford the discharge which Gamesters talk of, and from the skin of the bursted Maggots white raggy Fibres may shew themselves in the Urine. I might instance in more circumstances to render the probability, but such I leave to each expert to do for himself, the naked truth being ashamed of my English vest. After such skins are thoroughly cast forth, and yet the vermififying Taint being not eradicated, it may infest other parts of the Body with the like, though lesser vermine, the which may solve all the appearances in a confirmed Pox. Thence it is easie to render a reason of the little Twitches on the membranous parts, and if not prevented great pains at the very Bone, when these Animals shall begin to terebrate and work themselves into these solid parts. Also hence it may be that some parts are afflicted, while others have only sympathy to disturb them, and these passions are various according to the unhappy quicknings of these Tormentors.

mentors. The nature of the usual Cure complies with such a conceit ; therefore it is found beneficial as killing worms, as all know Mercury to be eminent. Therefore besides all bitter things, as our Purgators are, prevail from the same reason, the strange long Guinny Worms, arising from the Yaw teint found especially in the Children and Youth of the Blacks may speak somewhat on the behalf. But if the suggestion be true, each one may find more to say of it, if not, I have said too much of Venereal Affects, for this place and my design. However, that I may not leave the indigent and remote Person helpless under those evils, I must according to my proposals give them a true Cure in their own reach, taking Indications from my present *hypothesis* and experience of the place. For that the place alters much the cure of the Disease, I question not; wherefore *Holland* which is cold and moist requires a double dose generally of that Physick, whereof in *France* single will well work and serve the turn. And in a confirmed Pox, they generally remove from one to the other place, from heavier phlegmatick low Countries to the more brisk and drier Air of *France*, placing
much

much of cure in the nature of the Region. And ours of *Jamaica* being so sweatingly warm, and the Air from its Nitre piercingly cleansing, assists much our ready cure, which may be thus, if we begin with the first *Gonorrhæa* or virulent running of the Reins, which I'll suppose to arise as first suggested, it may wholly and most safely be absolved by purgations, for which I calculate and use this native Electuary, for so I call it, being composed of what the place affords; not but that most purging Pills as being bitter and aloetick, effect the same, such as *Extractum Rhæi*, *Pill. Russi*, *Hieræ cum agarico*, &c. However since my *Jamaica* Man may be destitute of the former, let him provide himself of the following Electuary. Take of Pulp of Tamarinds, & *Cassia Fistula*, of each ℥ss, the Juice of our Aloes or Sempervive ℥iij, of our small red Pepper dried and powdered one Scruple, or about eight or ten of the small Cods, of *Winters* Bark called Cinnamon Bark powdered one Scruple and half, of Malasses clarified with the white of an Egg ℥bjss, put all these into an earthen Pot, which place in the Sun, stirring the mixtures with a wooden Spatula twice or thrice a day, let it stand till it thicken to a due temper
of

of a soft Electuary ; which keep for use not only in our present case, but as a general purging Electuary. When such may be requisite, whereof from $\mathfrak{z}\beta$ to $\mathfrak{z}\text{ij}$, may be a Dose taken downwards, and by way of Clyster $\mathfrak{z}\text{ij}$ may be admitted. Let the Patient of our present cure take $\mathfrak{z}\beta$ thereof, or two good broad knives points full in the morning fasting, and as much at night going to bed, two hours after having eaten some spare supper: continue such usage every other day, till the *Gonorrhæa* or running of the Reins cease. Let the diet be temperate, though I prohibit nothing but excess in quantity : The *Madera* Wine with water may rather be drunk than cool drinks, from which I diswade, water being more preferable though alone, Garlick in all his Sauces may comply with the intention of the Cure as being an Enemy to Worms, as all bitter herbs. Neither may salt meat be forbidden for the same reason, I never add but strictly disswade the use of astringent Pills, such conducing to prolong our distemper into a confirmed Pox, which I cure the same way but in more time. As for those who cannot be at the charge of the former Electuary, let them take of the juice of *Sempervive* in all the water they

they drink, or the liquor of Water Mil-
 lion; they may more properly take the same
 for preventing the force of Aloes in the
 opening of the vessels and effusion of blood
 thereby. However take care of repeating
 such occasions of cure, lest by usage it
 proves less effectual, and by a continued
 taint of the vessels amount to a compleated
 Pox; which to describe, is an universal sour
 taint of the spermatick parts. From
 whence and from 'prevaricated natural
 heat, especially at the time of the Moon,
 and other circumstances, may be quickned
 into life, and then disturbing motion, a kind
 of small worms, such as appear in Vinegar
 and degenerated Juices, which *Animalcula*
 by twitching the membranous parts cause
 those pains which are usually felt there,
 as well the usual ones such as are easily
 born, as those which exceed in cruciating
 torture, while these worms terebrate the
 bones, or the immediate covering there-
 of called the *Periostium*.

But if these quickned Executioners
 take their course outward towards the
 skin, they then worst themselves there,
 and by forcing themselves through the
 skin dy and ly buried in the crusting Scabs
 easily known by the eye of each due obser-
 ver

ver, which last apparent discharge is most usually in the *Indies*, because the daily sweating and open Pores incline thereto, so that pains at Bones are less frequent here than in the colder northern Parts, wherein the hard constrictions of the skin through cold encourage these Animals to harbour inward. For which reason cold weather may well most afflict such Patients in such places: but between the warm Tropicks such accidents rarely if ever happen except in the gristles of the Nose, which being neer at hand and recipient of the discharging Brine is often hazarded thereby through the ignorance of the pretending Curers, signally marking the sinner by a breach in that part; from which accidents as well as others of the Pox, as also from the bitter Root thereof, that the concerned may better free themselves; there are two intentions to be considered from the nature of the Disease, the first is killing the vermine and eradicating the rest of four spermatick Juices; the second is to sweeten the vessels and introduce a contrary order that may defend from the former impression. The first is performed either by Aloetick or other bitter Purgations, such as are enemies to worms,

worms, as those are of a mercurial nature, the latter being obvious *Lippis & tonsoribus* leaves the first to be more particularly remarked as being most safe and sufficiently effectual. Let therefore the transgressor punish himself by conformity to the ensuing course, let him take of the Electuary before described 3j every other morning, unless some accident prohibit, if he exceed or lessen the Dose according as as he finds it purge him, it matters little save time : At night let him take of our China powder 3j, and drink of the Drink made for that purpose of China Root, warm to sweat with, the drink ought be made new every day without being fermented with Sugar or Age, the Water is only to be boiled as that for Tea usually is half away, then so much China sliced added thereto as may make the decoction of a Clarret colour: there can be no excess in that Root, neither need ought be added save for palate sake a little Sugar, but it's better without for our intention ; let him drink thereof every night in bed plentifully about two quarts, the better to sweeten the sower Juices which China powerfully doth in these affects, as well as in others, such as the Gouts, Tertians, Hecticks, Consumptions,

Consumptions, &c. Moreover to comply with the same intention, there is a most admirable Gum, which the wounded Boars have found out for us : for they presently betake themselves to the Trees, and strike it with their Tusshes, for their cure outflows a thick balsamick juice which hardens to the consistence of Bees Wax in the Air, neither is it unlike thereto, but transcends any Gum I have yet met with in its pleasant perfume, this Gum hath no forbidden quality, but admirably complies with our intentions in the present case as well as in many other, of which elsewhere. That which Turpentine performs through its fragrant passing the urinary and other waies (for by such odour Il'e suppose it beneficial) this Gum outdoes, more powerfully impressing those parts with salutiferous perfumings, agreeable to the intention in our present case, whereby the cure is perfected and secured, where I will take leave to end my discourse.

CHAP. 10.

CHAP. 10.

Of the Dry Belliack:

I refer my hardest task to the last, that my thoughts may have a longer time and experience for their happy intimations concerning the Bellyach. A Disease so called from its most urgent symptome, which is exquisite pain, suffered under this affect in that same most sensible part; a Part by God himself styled the seat of fellow feeling and divine sympathy; most tender, and therefore most ready to receive all impressions; most necessary to life, and therefore when obstructed long, carrying most feeling horror with it: from its seat it may seem to have some alliance with iliack and colick Passions, and sometimes it may add both of them to it self, which however are but consequents or rather concomitants and not the disease, no more than the shadow is the Body. This Bellyach as well as those additional torments may need the invocation as well as the name of *miserere mei*:

mei: For, to confess the truth, if any thing
 hath dismal aspect in the *Indies*, it is this
 Disease of the dry Belliach. But that not
 so much from the incurableness as the want
 of care, there being no impossibility there-
 in, were ignorance banished: As for my
 self though I may grope as in the dark in
 an unknown path; yet through the gui-
 dance of my observation from the nature
 of the Affect, the Attributes thereof, its in-
 separable Conjunctions, its Causes and Circum-
 stances, Symptoms, Consequents, &c.
 comparing the West *Indies* with the East,
 I cannot but presume to hold the Candle
 in this same darksome distemper. The
 general occasional cause is contracting cold,
 excepting there, where contagion from ex-
 crements, &c. hath propagated its like, a
 cold not to be found in the Northern
 Climes, but even there where the Sun
 showers his most plentiful heat. Thus
 the sharpest Vinegar results from the
 sweetest Wine, thus freezing by the fire
 side must needs be the most violent; thus
 hardest Steel is made by the softning fire
 and cold taken between the hot Tropicks
 if seated in the region of the Belly, &c.
 Cramps the Muscles of the *Abdomen* and
 tender Fibres of the Guts with the con-
 tractions

tractings of the torturing Bellyach, and there's the original Cause, heres the formality of the direfull Distemper. Neither may it seem strange, that Cold and Heat should so eminently meet in one place, while the whole World is upheld by its bounding contraries, & consequently where heat is intended cold must obtain its proportion of contracting vigour (wherein its formality lies) though not of extending enlargement; so that there may be more cold in less room, though less room for cold. Therefore if Cold in such places chance to obtain, its Tyranny may be most severe and cruelly urging; thus strong Springs drawn closest project the strong force, exercising their aggravated Energies with greatest violence. For Cold is not a simple privation of heat, but a strong competitor therewith, and strengthens its opposite, while it subdues its force to itself. Thus the conquering heat growes strong through the acquiescence of subjected cold; the struggling Enemy inflaming his Conquerour to keep it under. And if ere he chance to break the yoking Bond, with what violence doth the Captive triumph, cruciating the tender Fibres with obdurate contractions, wherein the sharp sting of the

Bellyach lies. But further to assign a sufficient compleat cause for so great an evil as we see this Bellyach to be: we must add the superior aggravator of all Spasms and convulsive motions, *viz.* the Moon, which we have reason to allow as the timer of such like affects: for it is at her full that the tide of such nervous Diseases rise highest, and in a place where her direct Beams, as between the Tropicks, are most strong, this Spasm of the Bellyach may well derive an afflicting enforcement. Neither is such supposition chymical, to give more power to the direct aspect of the Moon between the Tropicks than she may challenge elsewhere; for demonstration evinceth it frequently, that Fish taken in the moist Moon-shiny nights most suddenly grow short and rotten, nay that side of the fish which chanceth to ly open to that light, while the covered part of the Fish remains more firm. Moreover I have seen my self most severe Spasms of the one half of a man who hath ventured to sleep in the Moonshine, and other lesser Spasms through long continuance under this nocturnal Luminary. Moreover that our assigned causes may not come short of the great effect, we may well add the mineral

ral Gas descending from the Caverns of
 the mountainous Tracts; most eminently
 manifesting themselves in our cold Norths;
 as a reasonable aggravator if not producer
 of such affects. And that such Gas must
 needs break forth from mountainous hol-
 lows, no one will hesitate; and that such e-
 gregiously affect the nervous parts, and
 cramp oft the tender Fibres in weaker men
 with convulsive Spasms, is as easily gra-
 ted. I have known in the Lead Works in
Derby, there where the fumes of the se-
 parating *Ox* hath infested the Air, which
 as heavy laden with its weighty inmate,
 and falling on the neighbouring fields of
 Grass, hath communicated the same effect
 to the grazing Cattle as our torturing Bel-
 lyach, of which the brutal Patients give
 sufficient notices by their bellowing com-
 plaints, their restless motions, and convul-
 sive Deaths. Again, the nature of the
 Parts first affected ought chiefly to be con-
 sidered, forasmuch as thence flow the most
 eminent apparent evils, such as the consti-
 pation of the Belly, obstructing or lessening
 of the peristaltick motion; thence infla-
 ming heat; and thence obdurateness of ex-
 crementitious Passengers; thence their im-
 moveable resistance; from whence the ag-
 gravation

gravation of the first Evils with addition of
 irritating vomitings, corruptions of Chyle in-
 to porraceous and adust Choler, dejections of
 Appetite, and a general infirmity, with an
Assid of Evils linking each other to falter the
 infirm Man to his uneasie Couch. At the
 first seizure of this Evil, the Muscles of the
Abdomen, and sometimes those of the Breast,
 through contractions prove hard and pain-
 ful, as in our ordinary Cramps; the Pulse
 heavy and slow, yet eaven enough, after
 some time the pain is shifting and commu-
 nicated to the Muscles of the Back; thence
 the Urine flows sparingly and appears red
 as if Brick were mixed therewith: Pain
 aggravates more and more; and want of
 sleep and rest, with other uneasiness and
 commotions of mind and Body, entail a
 symptomatical Fever, which alters and
 changes as it causes do. This feverish Af-
 fect and irregular huddling up and down of
 the contained Juices, with unhappy stop-
 page in the contracting fibrous Pipes of the
 Muscles, still inflame the cruejating pains,
 and like added Cyphers to the first sum,
 mount it high enough, sometimes to bank-
 rupt nature. But more oft spin out the
 Thread of life to a longer durance miserable
 and afflictive; for heated nature by its of-

ten tryals to fling off her oppressions, violently forceth the crude and indigested Liquor into the small nervous Passages, fitted for most fine indwellers; but perforce receptive now of such more gross ones, which obstruct and plug them up, whence lameness in such parts necessarily succeeds; and an Atrophy encreasing the weakness of the Members, till neither hand nor foot be able to help; nor yet the Physitian quickly, but Nature and time effecteth it if ever. However to prevent the height of those accumulated Evils, and restore the the lost limbs and weak parts with what speed possible; something may be inserted not improper nor insuccessful. And now I cannot but desire the Western People, without superstition to turn their faces Eastward, and see there the usages proper to such a temperament, to consider what they there do and why, with the happy sequel or matter of fact. That in hot Countries sweating is natural as well as necessary needs no argument. and where necessities are liable to be obstructed, the proper Remedies to remove are or ought to be most ready at hand; and where such are neglected, ill consequences may well ensue. Hence the *West Indies* though of

the same temperament with the East, may sustain superadded Evils, which the customs of the East wisely prevent and preserve themselves free from. It is matter of fact, they are little afflicted if any thing at all with this Evil there: And I cannot assert a better reason thereof than their profitable usages of Baths and Uctions, by which the cutaneous and muscular Fibres being secured from contracted Spasms, and kept open for the constant discharge of transpiring Particles; the original of the Bellyach is cut off, as also the crowd of ensuing Symptoms before mentioned: Wherefore let whose fears and carefully would avoid so great an evil, be provided with convenient bathing Tubs or places adapted to so necessary an office in a sweating Country. Let him alwaies after travelling and such like exercising descend thereto, having such suitably warmed and refreshingly sweetned with Orange Flowers, or the Waters thereof, or with our Spiknard or other sweet Herbs. For such Sweets allure the Spirits outward to supply the extream Parts to withstand their cutaneous Contractions, which else might hinder transpiration, but now by Bathing being called forth, and increased at least

in the extream Parts, the formality of the Bellyach is removed at an easie rate. An agreeable unction of Orange Flowers or Jessamine Butter or such like, lightly rubbed ore the Skin; especially of the Belly, Back, & Stomach, may further render useful the Bath for the ends proposed: And those not only of preventing the Bellyach, but curing it likewise. Let such a Patient therefore, under the binding constrictions of the Bellyach, betake himself to such a like Bath, and therein sit or lye as long as he may well bear the same, then be removed into a Bed and be rubbed and well anointed with fragrant not strong pungent Oyls. For the latter may well cause further contractions, whereas the more kind and soft may relax the bondage; if the Excrements of the Bellyach need, as oft they do, an auxiliary discharge, let a Clyster of Malasses, in Milk or in the want thereof with water be injected just as they enter the Bath, which may well forward a beneficial Stool and the quieting of the Bowels. As for a specifick (for the Indians have many such) my Worthy Friend Doctor *Lawford* of the Island of *Barbadoes* humanely communicated a remarkable one in this case to his Excellency My Lord *Vaughan*, by whose

favour

favour for the benefit of the afflicted, I
 subjoyn the same, having found the Plant
 as described, through the assistance of an in-
 genious Botanick Friend here, who by the
 description taken out of *Piso*, P. 102.
 happily met with the same, of which saith
 the sagacious Doctor, he had a hun-
 dred tryals, powdered I give, saith he ʒi,
 in any convenient Liquor, and repeat it
 once in three or four hours till the usual
 symptoms of the disease abate; sometimes
 I give ʒi, ʒij, ʒiij, of it in Syrups: also in de-
 coctions and Clysters. It is an admirable An-
 tidote against the biting of Serpents, and
 I have found it a great Diaphoretick in ma-
 lignant Fevers. So far the Doctor to his
 excellency, referring to the Plant it self un-
 der the name of *Cajacia*, called by the Spa-
 niard *Erudos Cobres*; which in English is a
 Snakeweed, for its great use and service fre-
 quently known to the Spaniards. *Piso*'s de-
 scription is exact thus, it is a small creeping
 milky Plant, its Leaves not unlike those of
 Mint but longer and smaller, of a dark green
 colour: its Stalk inclining to a reddishness
 with small Fibres or hairy Roots, between
 its leaf at the joints of its Stalk come forth
 Flowers of a green colour in small Bun-
 ches. This specifick being every where
 to

to be found growing in all sorts of Soyl
and therefore ready at hand, I'll detain
my Reader no further, but recommend in
my former prescribed Baths in this distem-
per to be better speciflicated by boyling of
this *Cajacia* therein; and for strengthening
the lost Limbs let the weakned parts be
fortified with an Emplaster of our afore
described Gum: the which may well
be renewed once in twenty four hours
using warm frictions to the parts so affect-
ed. And after such usage the Plaisters
to be continued till strength is restored
and confirmed to the suffering Cripple;
who then may sling away the Crutches
of adventitious helps, where I rejoyce to
leave my Patient.

The Conclusion.

AS I prefaced those Chapters of which particularly I have now treated with the occasions thereof, and my Method therein, and the Reasons inducing thereto: So now by way of conclusion to the whole, I shall subjoyn somewhat that may have place in each case, where Nature shall want due assistances or vigorous fortifying, as she may sometimes in any of the fore-mentioned affects. As also recommend the East Indian or other Countries like ours of *Jamaica*, their laudable if not necessary usages of Baths for the keeping free and open the Pores to healthful transpirations and more copious Sweatings. The which for want of such assistances, at some time or other may cause our Belly-ach, many of our Tertians and other Fevers, Dropsies, &c. rationally to be prevented by due and proper Bathings. The reasons

reasons whereof are very obviously two, the one is cleansing from relicts of obstructing sweat, whereby the porous Passages being opened easily admit a thorough-sair to Natures ejectments: The other is the preservation of the Tone and Spring of the fibrous Skin, for the better strength of her necessary functions, both which are secured by bathing and proper anointings. Wherefore let who so desires the continuance of Health and vigour in this our Island, provide himself proper bathing Places, and use the same frequently, especially after Travellings, at which time we are lyable to Fevers, as also upon all lassitudes and listless indisposition, not presently after, but rather before eating, and four hours after at the time of distribution of nourishment into the extreame outward parts: Then may such most properly be exercised with rubbings in a warm Bath, into which let the desirous of health descend carefully both of time in residing there, and the manner thereof: The time, that it may not exceed to faintness, but refreshment, caused as well from Natures relief from her oppressed Burthens, as by sweet smells effected by odoriferous Herbs or Flowers or sweet Waters superadded

superadded to such Baths, after which being carefully dried and gently anoynted, let such pass into their Beds, and there remain half an hour, not to sweat, but compose nature to a fit briskness of exercising new vigour, when they arise to their former employ. Thus tyred wearisomness too incident to hot Countries is defeated, life it self vigorated in all its exercisings, and thereby becomes less liable to Disease. There remains as general a restaurative and high, most innocent Cordial, where ever nature shall need succours either for the Sick or well habited Man; of which since we are neer the place of its being usually found, I must say somewhat both of its nature and use to our desired end. It hath been already received by all that Ambergriese is a great friend to Nature, and its use hath already placed it in high Price and great Demand. It hath every where been esteemed fit to attend the Courts of Princes and great Men: but yet it is not concluded what it may be, volumes have swelled with diversity of opinions about this restaurative Treasure, though each agree in its just transcendent benefit; I shall not trouble my self to repeat the false opinions concerning it: for there
can

can be but one adjusted to the truth, and all the other must needs miss the mark. In general I can never believe it any Mineral or *Bitumen*, because it is so thoroughly innocent, and its perfection consists in lightness. No excrement of any animal, Fish or other, as of a great Bird, as the voluminous German imagines it, because of its long duration and liquid unctuousness discernable by heat. No Liver of a Fish, as some have suggested, from its fibrousness observed when fresh; which may otherwise be salved: besides it dissolves not, nor hardens, as all Livers do by dry heat. And it were strange to find the Liver without some other parts of the Fish. But negatives proving nothing, I must add matter of fact; and that, wheresoever *Ambergrieze* is usually found, there are poisonous and venomous Fish, as about the *Bermudas*, *Bahame Islands*, and the Coasts of *Florida*, &c. Secondly, that the Inhabitants of such places, when ever poisoned with Fish, which often they are, they betake themselves to *Ambergrieze* as a most powerful Antidote, and are cured therewith, and rescued from the otherwise most horrid Symptoms threatening life hastily, without the assistances of this sovereign

ſovereign Remedy. Thirdly, that from
 the good ſucceſs it had againſt Poi-
 ſon, the People there venture on it in
 almoſt all their weakneſſes, in great e-
 vacuations by Vomitings and Stools, and
 all other too liberal diſcharges of nature
 and ſtrength: In diſpiritments from Fevers
 or any other affect they happily take Am-
 bergrieſe. And which adds to its deſira-
 ble innocency, they ſtand not on quantity
 from any other cauſe than the preciouſ-
 neſs of that Commodity. I have ſeen the
 Man who by good luck in finding a quantity
 hereof hath eaten 3ij at a time, without
 any prejudice to himſelf or any alteration
 to the ſtate of health, ſaving that he was
 cheerfully diſpoſed as perſons are by drink-
 ing good Wine or uſe of *Opium*. But our
 Amber excels both, for it neither ſtupe-
 fies nor intoxicates as Wine and Opiates
 are apt to do; but unites by its odorife-
 rous parts to the Spirits themſelves, and
 ſtrengthens by ſuch addition theſe brisk
 Miniſters of life and ſenſe, thereby enabling
 to caſt forth an Enemy, or receive its aſſault
 without ſinking under the ſame. The ad-
 vantage of ſuch Auxiliaries excels far the
 tranſient inflammatory ones of burning
 Spirits: ſuch as thoſe of Wine or any other
 ſuch

such vegetable ones less natural. Our more benign Amber carries no such hazard with it : it's not like these volatile Spirits who like forreign Pidgeons though for a little while may augment the home fed Stock, yet quickly deceive the hopes of the owner by carrying his proper ones in place of staying themselves ; the like doth not seldome happen to those profuse crowders of warming mixtures under the characters of Cordials, whereby the spirits are hurried into a brisk motion the sooner to hasten an *exit*. The first fountain of all descending Physick, the divine *Hippocrates* had no such Spirits for his familiars ; *Aqua vite* men first brought them into use, Nature knows nothing of such : they may serve as external fire in cold Countries to exercise the healthy, but conduce little to the Sick, saving to gratify them that use them, or from custom expect such attendants. Whereas our benign and powerful Ambergriese, neither serves the ignorant Pomp of thronging the sick mans Chamber with useless Glasses, nor indangers enflaming the weak Spirits to a Consumption of the much rather to be encreased Stock : nor spurs hurrying nature to an overhazarding streine. But

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succours

succours with adventitious and lasting
 strength conveyed apparently by subtile
 and lasting odour, such as Nature her self
 hath adapted and cooked without any fur-
 ther trouble than dissolution in Wine or
 Broth or other warmed Liquids. The
 which when received into the sensible Sto-
 mach rejoyceth therewith, and is per-
 formed thereby to a continued sending of the
 same impressions into the whole Body ;
 whereby the Spirits, especially the Animal
 ones, are not heated but refreshingly che-
 rished and strengthened to their proper
 functions and ejections of forreign morbi-
 fick Taints not only of the egregious poiso-
 nous ones but all other less noxious. Hence
 vomiting and loosnesses cease thereby, if
 managed as directed in our fifth Chapter;
 intemperate heats in Fevers (as in our sixth
 Chap. described) if urging to faintness
 may be obviated; weakned nature under
 Dropsies, of which in our seventh Chap.
 becomes fortified; putrefactive fumes from
 Worms and wormy Slimes of which in the
 eight Chap. is over-ruled; debilities in vene-
 real affects, whereof the ninth treateth, may
 be signally remedied, and the horrid Spasm
 in the dry Bellyach (of which our tenth
 Chap.) is best provided. Thus we dare as-
 sign

sign Ambergriese to be our most universal and proper Cordial, from which no detriment but benefit if rightly administered for the most part, which is enough for any medicament, ensues the receiving thereof. Wherefore from matter of fact in its sovereign usefulness, from the places of its being found and circumstances thereabout, I will conclude with my best conjectures concerning this great restorative Medicament as well as most deservedly rich Commodity, which I believe to be a Marine Plant growing on the Rocks or shoals of such places where poisoning Fish are, not unlike the species of *Caraganta* or *Manguy* or *Metle* a large strong and thick leaved and succulent Plant, whose leaves if broke afford a thick roapy juicy *bitumen* not unlikely to appearance of the white or black Amber, both which I'll suppose from the same vegetable. But that the black is the more recent dropped juice, and therefore most heavy; the grey such as by duration laying on the sand neer the Root of its original ere it be moved thence becomes more light, as washed with the cleansing Pickle of the Salt Waters from its more crude parts; thence it's made grey and more porous and therefore lighter.

Whereas the newer Juice, such as affords the Black Amber; may well be the first or new running of such a vegetable caused either by the browsing Fish, who hastning thither for this Antidote and breaking its inclosing Plant, may cause it to send forth this precious Juice, either by storms cast up on the surface of the water presently, and then it must be black; or if it remain longer on the ground where it first run from its original, it turns as said before grey and may be mixed with little sands and fish scales oftentimes found therein: or else if the Fish that hath plentifully fed thereon chance suddenly to be taken, in such it may be seen, as also in Sea Fowl who allured by the smell, when cast on the shore by Storms, and devouring much of the same, being grateful to all life may puzzle catchers of such Fowl, and make them fancy that Amber is the produce of that Animal. Whereas as much reason is there for every sort of Fish, who eats thereof, and may discover the same if taken in due time: Wherefore since we justly may not ascribe it to one more than another, I rather conclude it as before suggested from no Animal but such a like marine Plant placed by divine bounty and wise provision

sion for the relief of poisoned Fish originally, and thence to be brought to our more happy knowledge and use, and to the singular benefit of the Creation, in which blessed Concord all things naturally most sweetly harmonize, singing an universal *Te Deum*, wherein may I but bear an agreeable part I have my end.

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